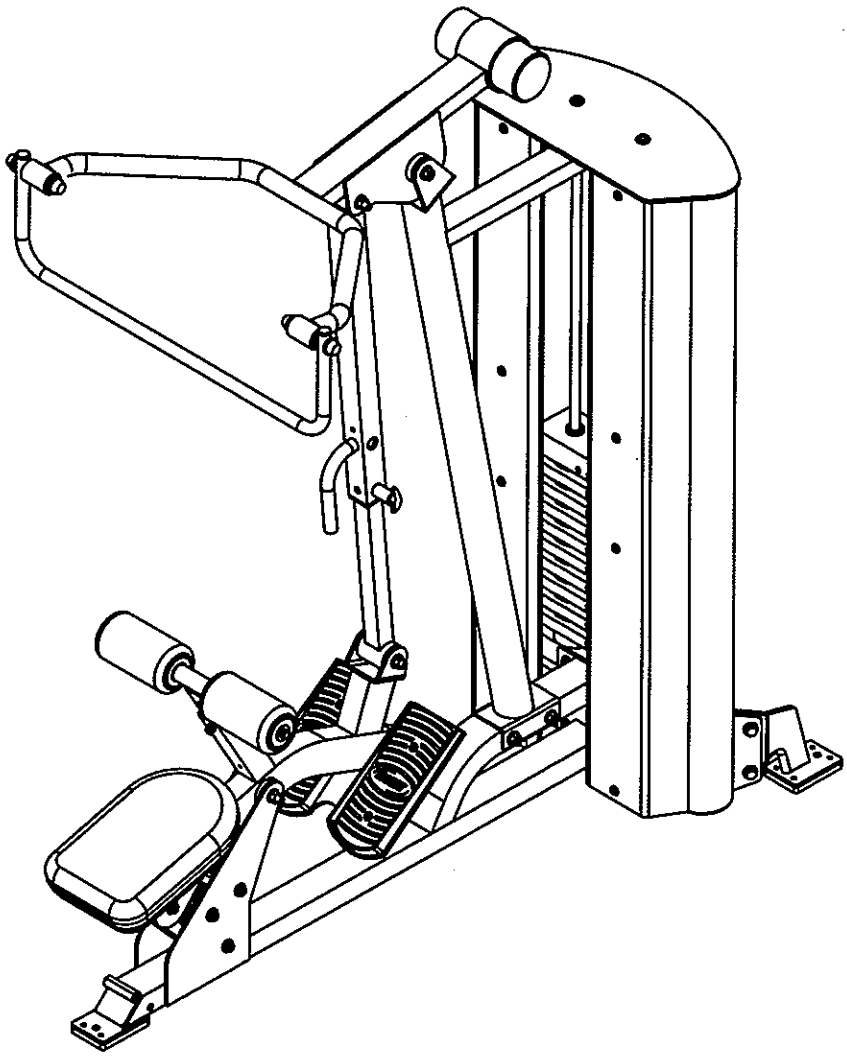
OWNERS MANUAL

HOIST®
FITNESS SYSTEMS

KL2201

PULL DOWN



JANUARY, 2003

Note: Both Serial Number and Model Number are Required when Ordering Parts

RECORD SERIAL NUMBER HERE

Customer Service
(800) 548-5438
(858) 578-7676
Fax
(858) 578-9558

OWNERS MANUAL

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Step 1

INSTRUCTIONS

Before beginning assembly please take the time to read the instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems. first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Socket Wrench

1/2", 9/16" and 3/4" Sockets

3/4" Open end Wrench

Crescent Wrench

Rubber mallet

Tape Measure

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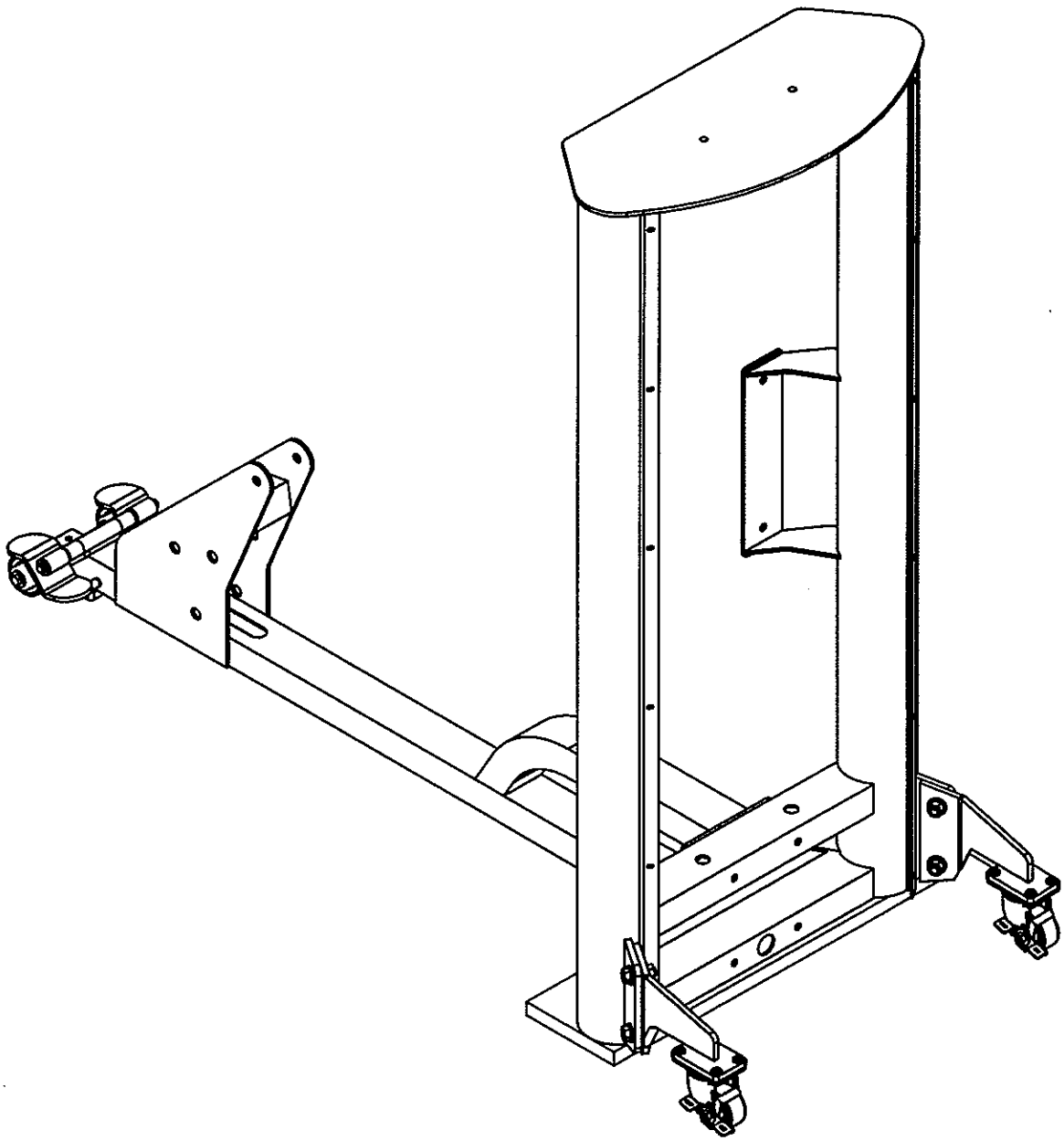
KL OPT-01 ASSEMBLY



Step 2a

KL OPT-01 ASSEMBLY

Start assembly by placing (1) onto (16) for balance and stability. Next attach (14)'s to (7) and (8) wrench tighten. Now attach (7) and (8) to (1). *Wrench tighten bolts*.

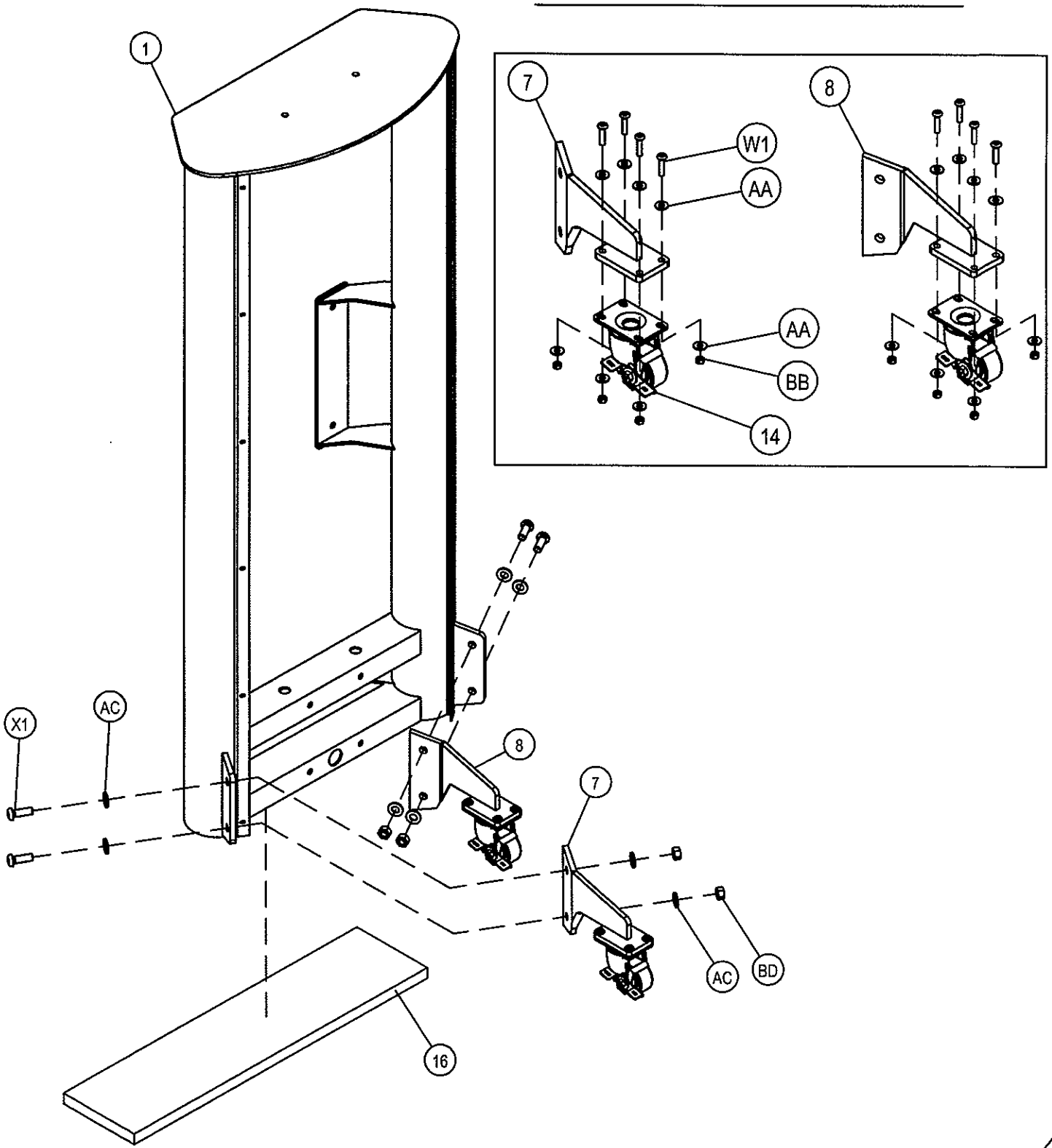
Part Descriptions

1 - Weight Cage Frame Assembly
7 - Right Leg Wheel Assembly
8 - Left Leg Wheel Assembly
14 - Swivel Wheel
16 - 0.75" x 7.00" x 25.00" Spacer

Hardware Descriptions

W1 - 5/16"-18 x 7/8" BHB (WZ)
X1 - 1/2"-13 x 1 1/4" BHB (WZ)
AC - 1/2" SAE Flat Washer (WZ)
AA - 5/16" SAE Flat Washer (WZ)
BD - 1/2" Thin Lock Nut (WZ)
BB - 5/16" Thin Lock Nut (WZ)

KL OPT-01 ASSEMBLY



Step 2b

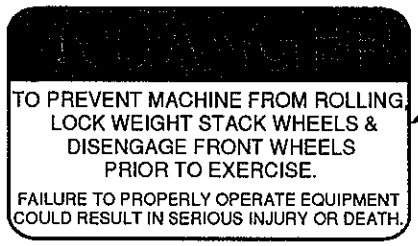
KL OPT-01 ASSEMBLY

Start assembly by sliding (11) into (51) and secure it with (41)'s. Now slide (10) into (51). Before sliding (13)'s and (9)'s onto (10) make sure (9)'s are correctly orientated shown like the diagram. Once (13)'s and (9)'s are slid onto both sides of (10) secure it with (41)'s. Attach the danger decal to the top of the foot pad as shown. Failure to do so could result in serious injury or even death if the equipment is not operated properly. Hoist assumes no responsibility if decals are not in place.

Part Descriptions

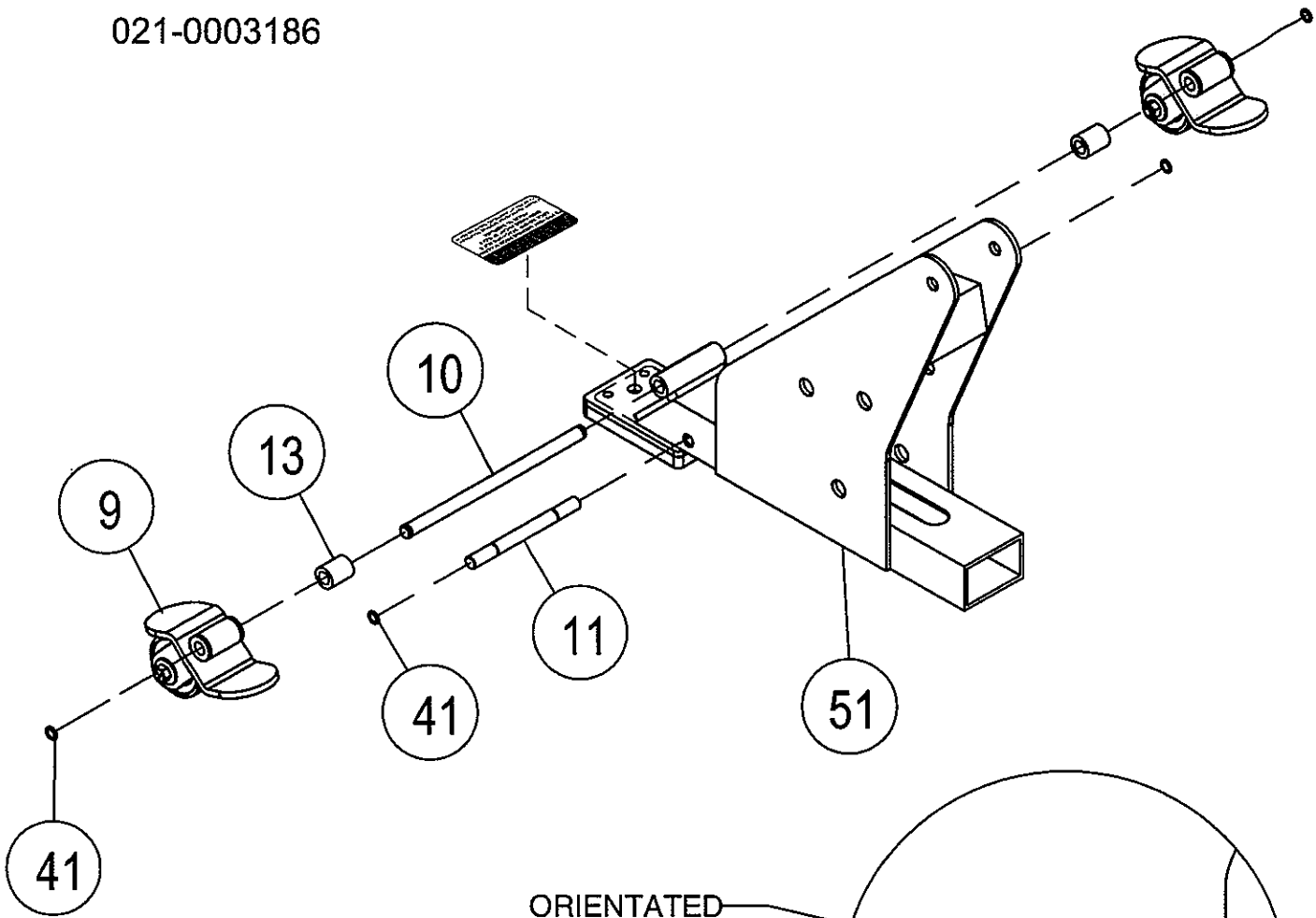
9 - Wheel Assembly
10 - Wheel Axel (long)
11 - Wheel Axel (short)
13 - Ø0.516" I.D. Spacer
41 - Ø0.50" C-CLIP
51 - Main Frame Assembly

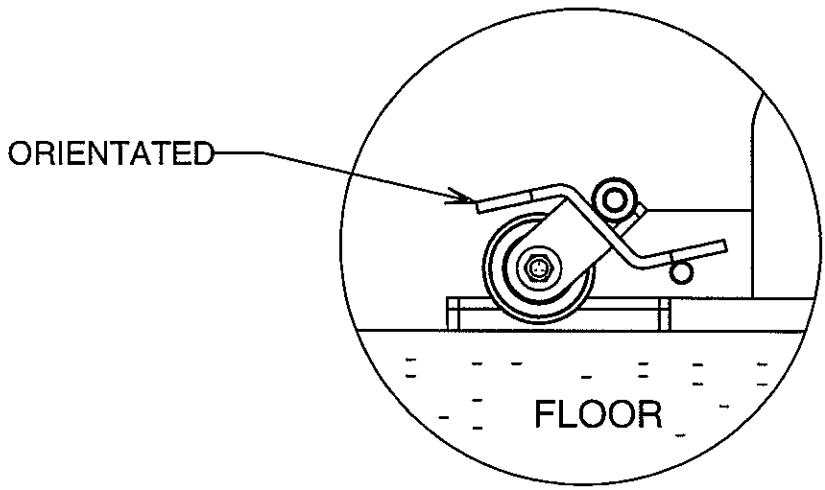
Hardware Descriptions


TO PREVENT MACHINE FROM ROLLING,
LOCK WEIGHT STACK WHEELS &
DISENGAGE FRONT WHEELS
PRIOR TO EXERCISE.
FAILURE TO PROPERLY OPERATE EQUIPMENT
COULD RESULT IN SERIOUS INJURY OR DEATH.

Attach the danger decal to the top of the foot pad as shown. Failure to do so could result in serious injury or even death if the equipment is not operated properly. Hoist assumes no responsibility if decals are not in place.

021-0003186





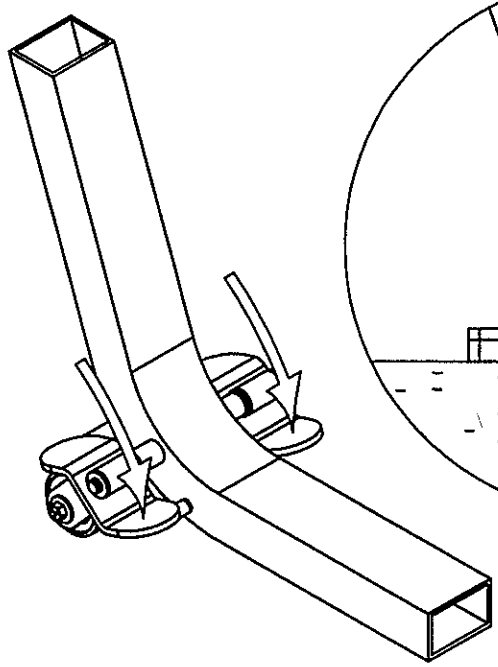
OWNERS MANUAL

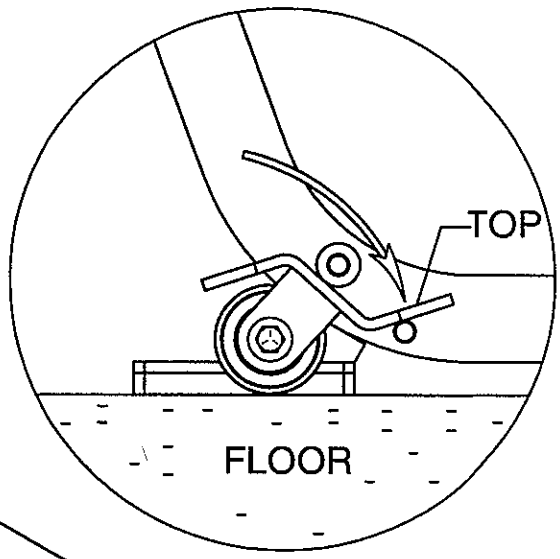
KL OPT-01 OPERATION

PARKED POSITION

To prevent machine from rolling, lock weight stack wheels prior to exercise.

Using foot;
Step down on top part of wheel rocker.

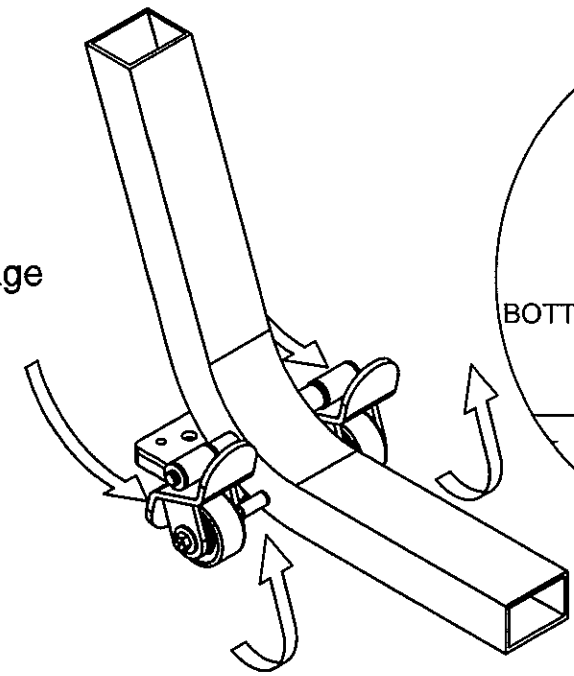


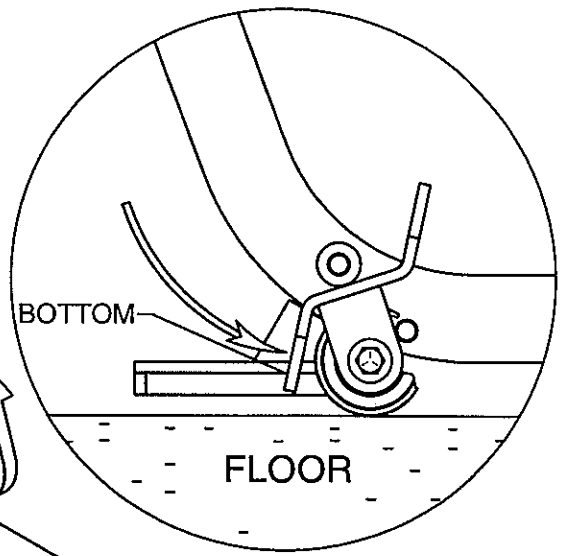


MOVE POSITION

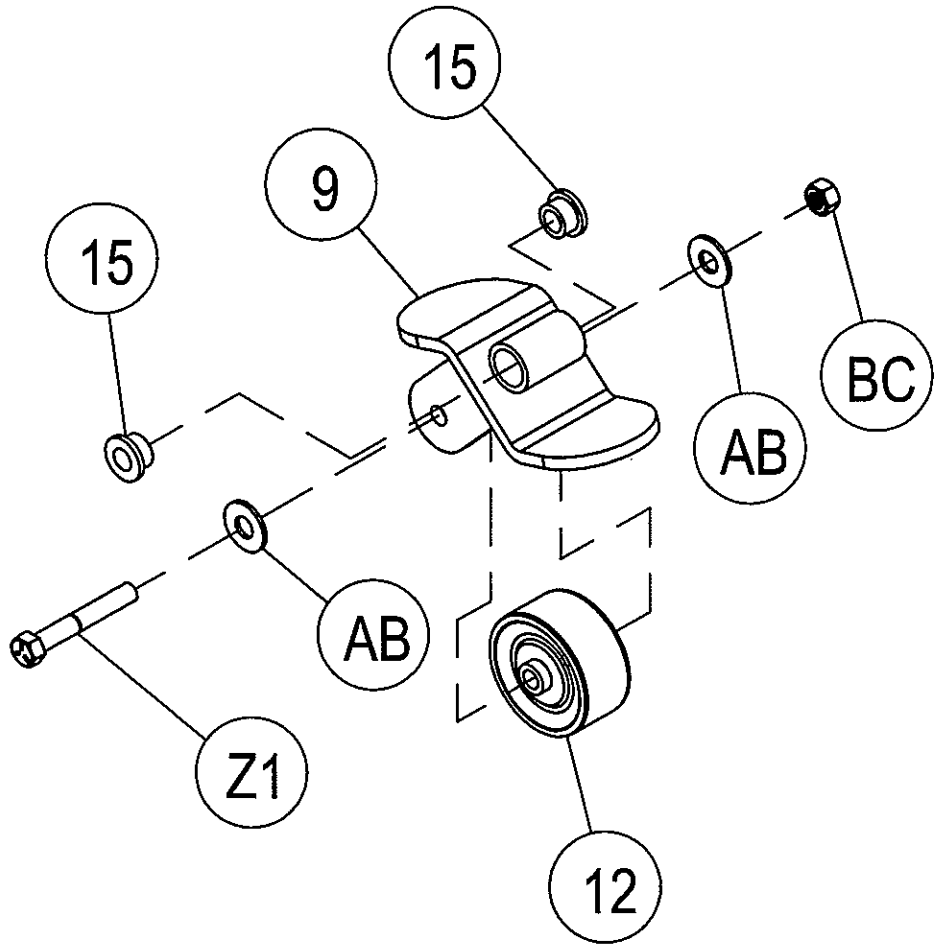
To move machine engage wheels.

Using foot;
Step down on bottom part of wheel rocker.





KL OP-01 PRE-ASSEMBLY



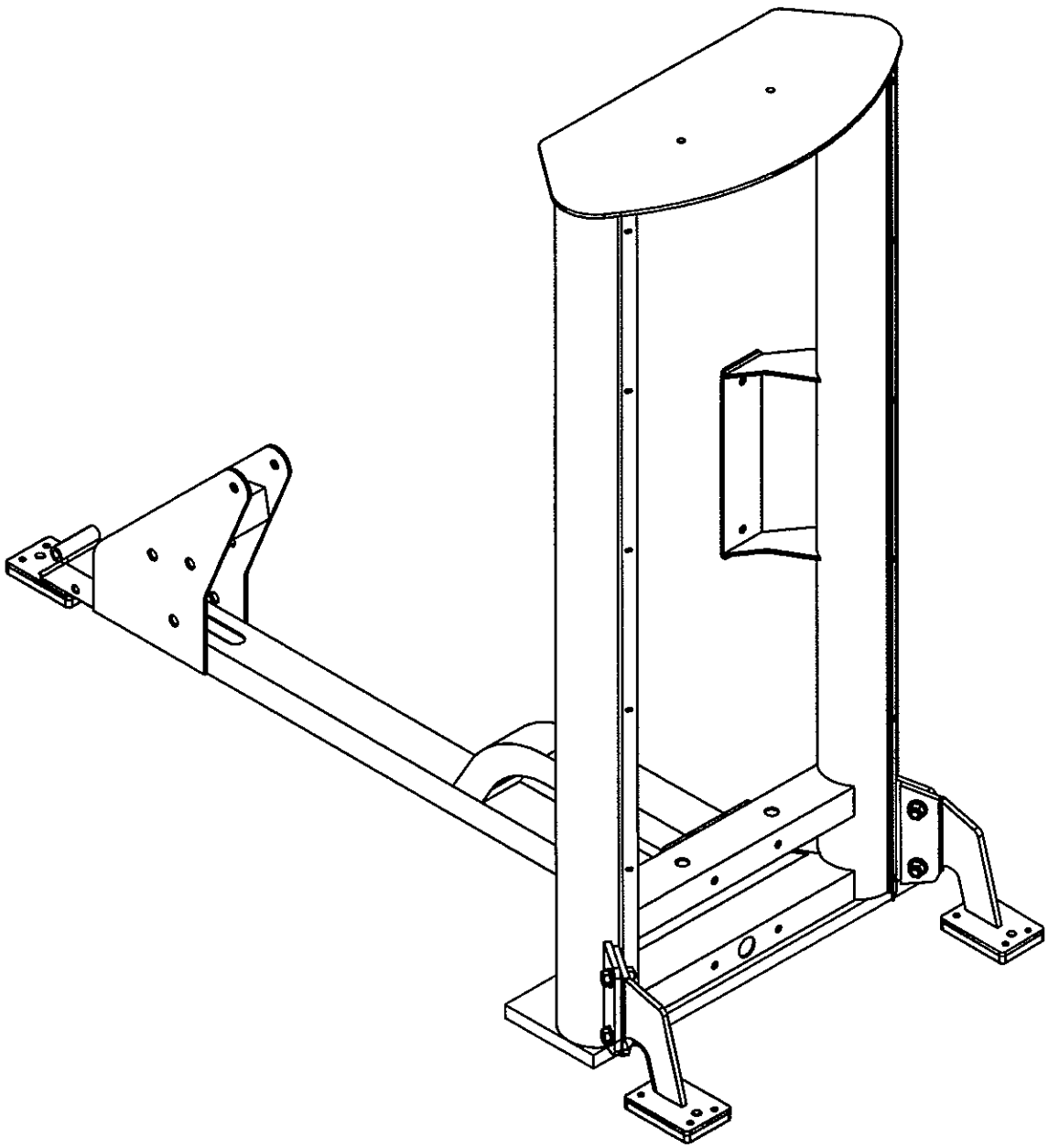
Part Descriptions

9 - Wheel Assembly
12 - Ø3.00" Polyurethane Wheel
15 - Ø0.50" I.D. Flange Oilite

Hardware Descriptions

Z1 - 3/8"-16 x 2 3/4" HHB (WZ)
AB - 3/8" USS Flat Washer (WZ)
BC - 3/8" Thin Lock Nut (WZ)

KL OPT-02 ASSEMBLY



Step 2a

KL OPT-02 ASSEMBLY

Start assembly by placing (1) onto (16) for balance and stability. Next attach (CB)'s to (17) and (18) wrench tighten. Now attach (17) and (18) to (1). *Wrench tighten bolts*.

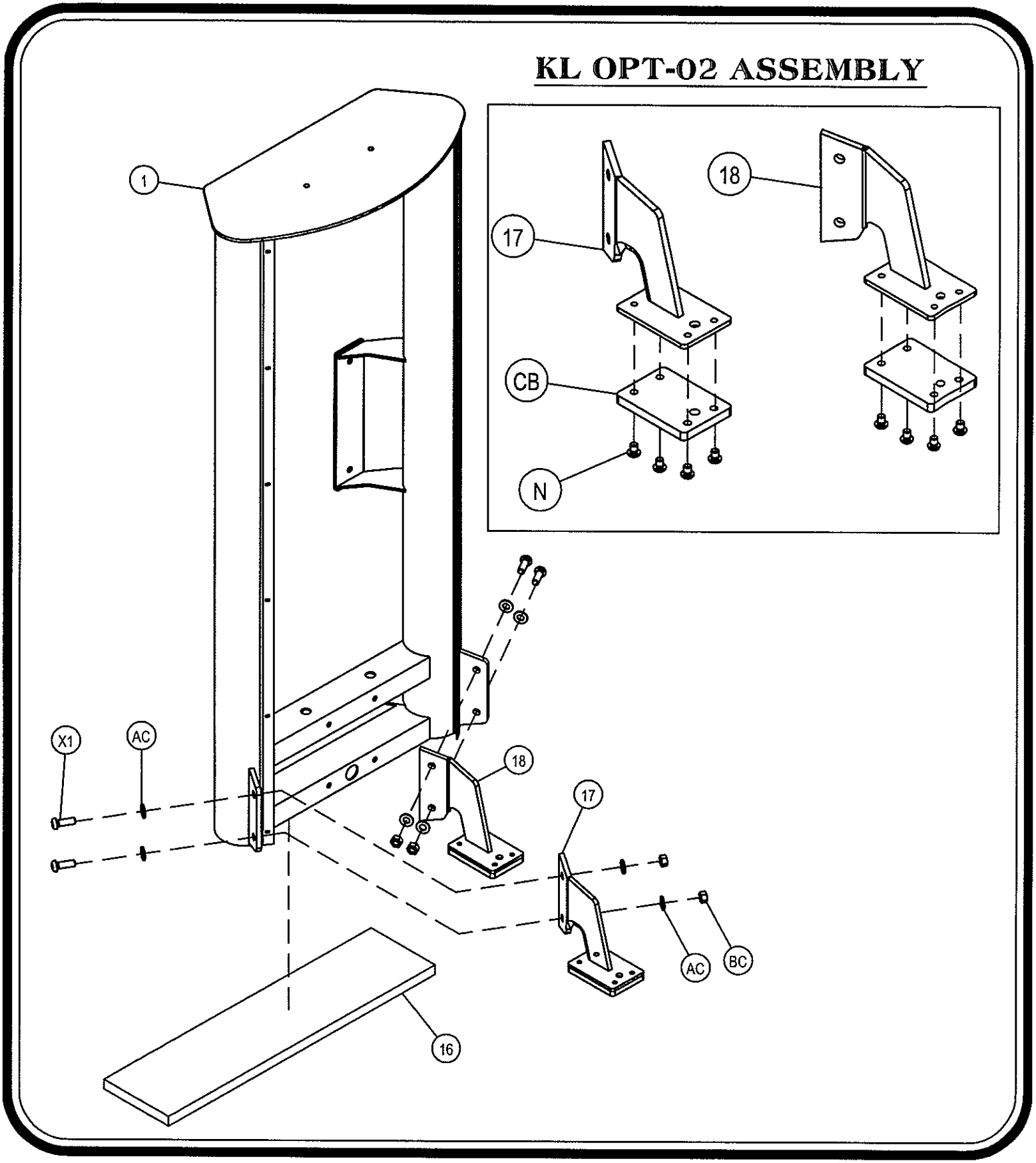
Part Descriptions

1 - Weight Cage Frame Assembly
16 - 0.75" x 7.00" x 25.00" Spacer
17 - Right Foot Assembly
18 - Left Foot Assembly

Hardware Descriptions

N - 3/8"-16 x 11.3mm BHS (WZ)
X1 - 1/2"-13 x 1 1/4" BHB (WZ)
AC - 1/2" SAE Flat Washer (WZ)
BC - 1/2" Thin Lock Nut (WZ)
CB - Rubber Foot Pad

KL OPT-02 ASSEMBLY



KL OPT-01 ASSEMBLY

PART/HARDWARE LISTING

Key#	Qty.	Part Number	Description
7	1	026-01X1254	Right Leg Wheel Assembly
8	1	026-01X1255	Left Leg Wheel Assembly
9	2	026-01X1235	Wheel Assembly
10	1	026-01M0673	Wheel Axle (long)
11	1	026-01M0674	Wheel Axle (short)
12	2	020-0014026	Ø3.00" Polyurethane Wheel
13	2	026-01M0672	Ø0.516" I.D. Spacer
14	2	020-0014025	Swivel Wheel
15	4	014-0101002	Ø0.50" I.D. Flange Oilite
16	1	026-01PL355	0.75" x 7.00" x 25.00" Spacer
41	4	014-0015014	Ø0.50" C-Clip
51	1	026-01X1202	Main Frame Assembly
W1	8	011-0301037	5/16"-18 x 7/8" BHB (WZ)
X1	4	011-0101051	1/2"-13 x 1 1/4" BHB (WZ)
Z1	2	011-0007050	3/8"-16 x 2 3/4" HHB (WZ)
AA	16	013-0002001	5/16" SAE Flat Washer (WZ)
AB	4	013-0402005	3/8" USS Flat Washer (WZ)
AC	8	013-0102003	1/2" SAE Flat Washer (WZ)
BB	8	012-0102006	5/16" Thin Lock Nut (WZ)
BC	2	012-0104008	3/8" Thin Lock Nut (WZ)
BD	4	012-0304011	1/2" Thin Lock Nut (WZ)

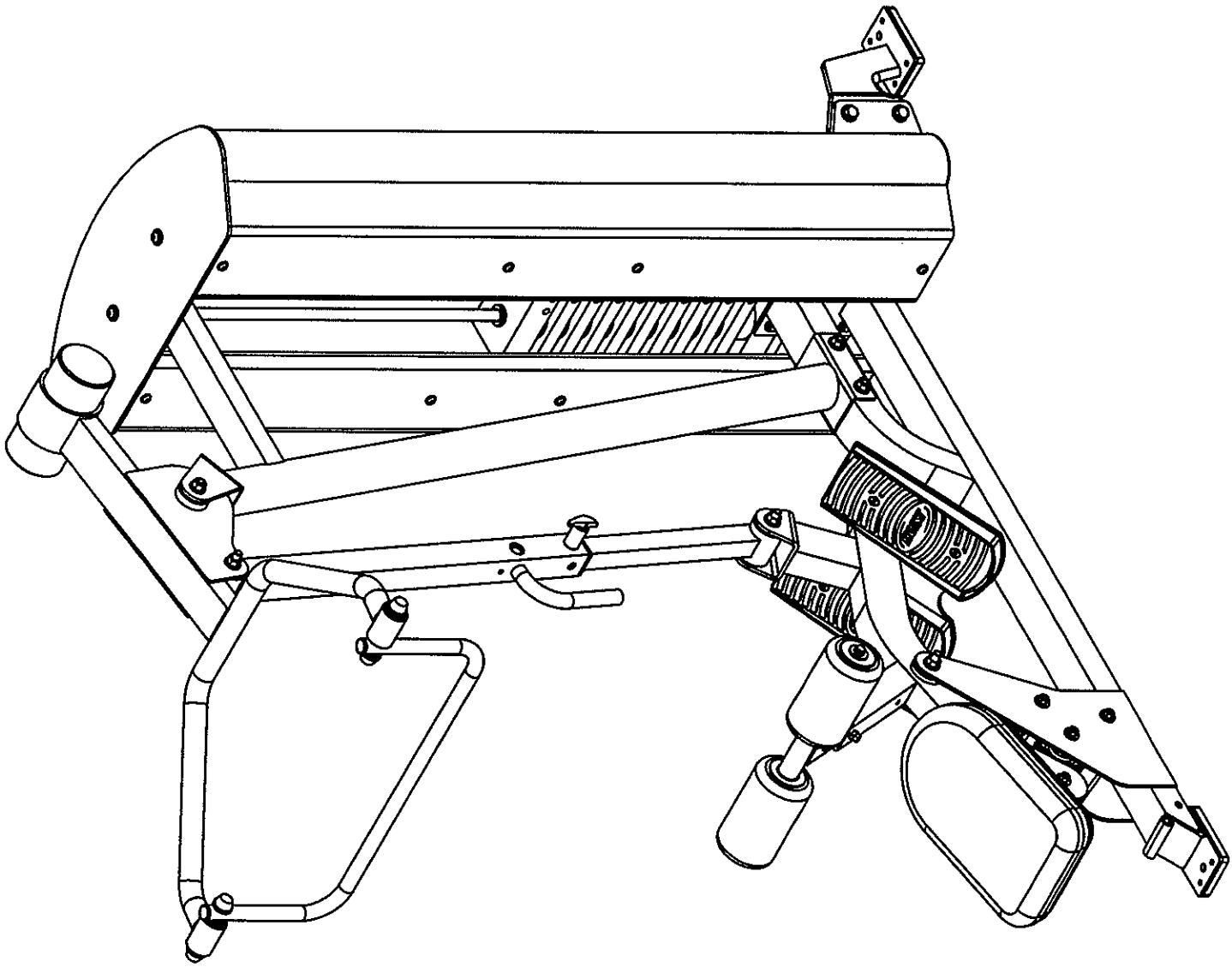
KL OPT-02 ASSEMBLY

PART/HARDWARE LISTING

16	1	026-01PL355	0.75" x 7.00" x 25.00" Spacer
17	1	026-01X1256	Right Foot Assembly
18	1	026-01X1257	Left Foot Assembly
N	8	011-0201292	3/8"-16 x 11.3mm BHS (WZ)
X1	4	011-0101051	1/2"-13 x 1 1/4" BHB (WZ)
AC	8	013-0102003	1/2" SAE Flat Washer (WZ)
BD	4	012-0304011	1/2" Thin Lock Nut (WZ)
CB	2	026-01PL350	Rubber Foot Pad

Step 3

FRAME ASSEMBLY



Step 3a

FRAME ASSEMBLY

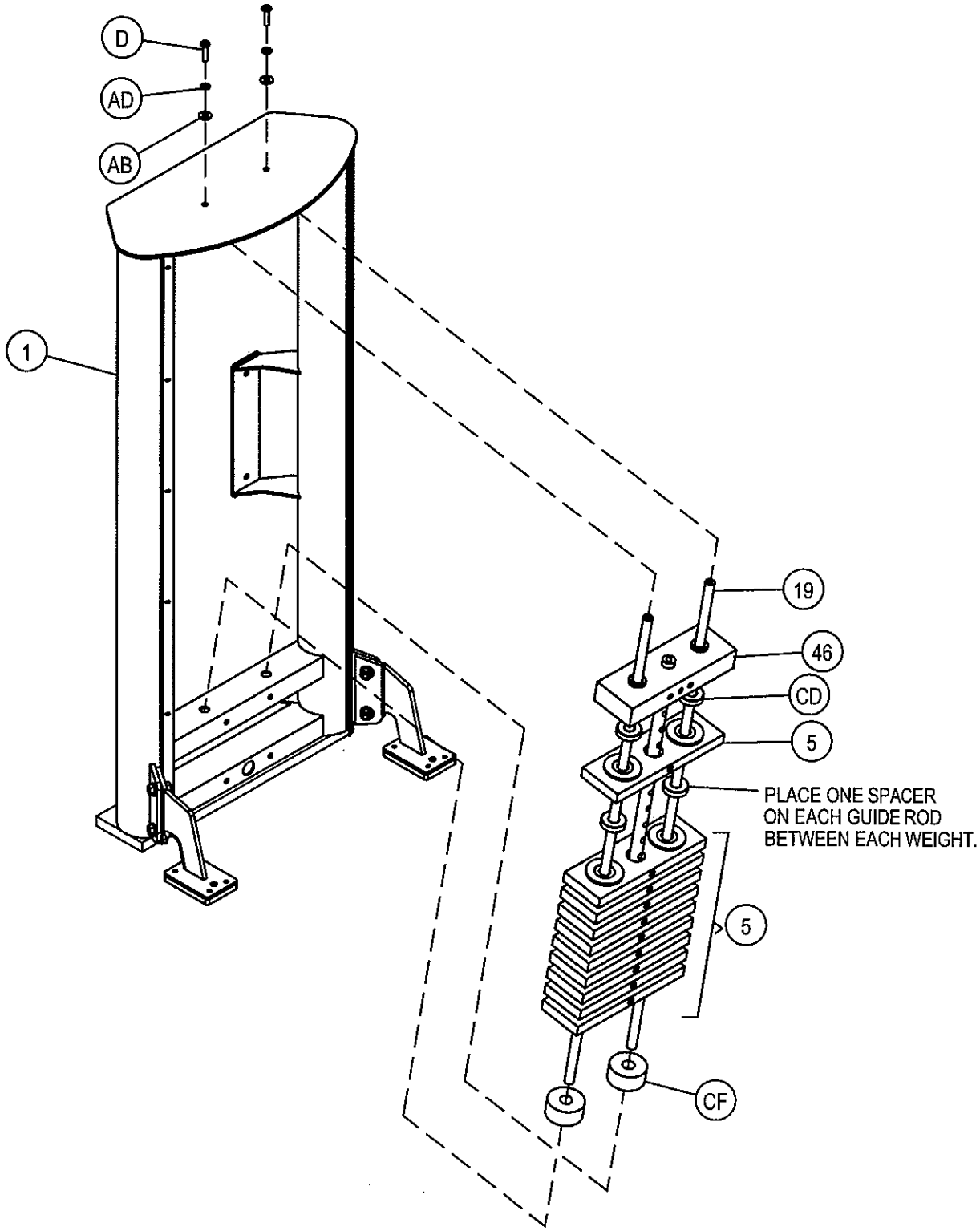
Start by sliding (19)'s through (CF)'s and slide them both into (1). Tilt both (19)'s forward enough to allow room to slide the weights on. Slide (5)'s and (CD)'s one after another onto both (19)'s. Now slide (46) onto both (19)'s. Angle both (19)'s vertical and secure to (1). Wrench tighten bolts.

Part Descriptions

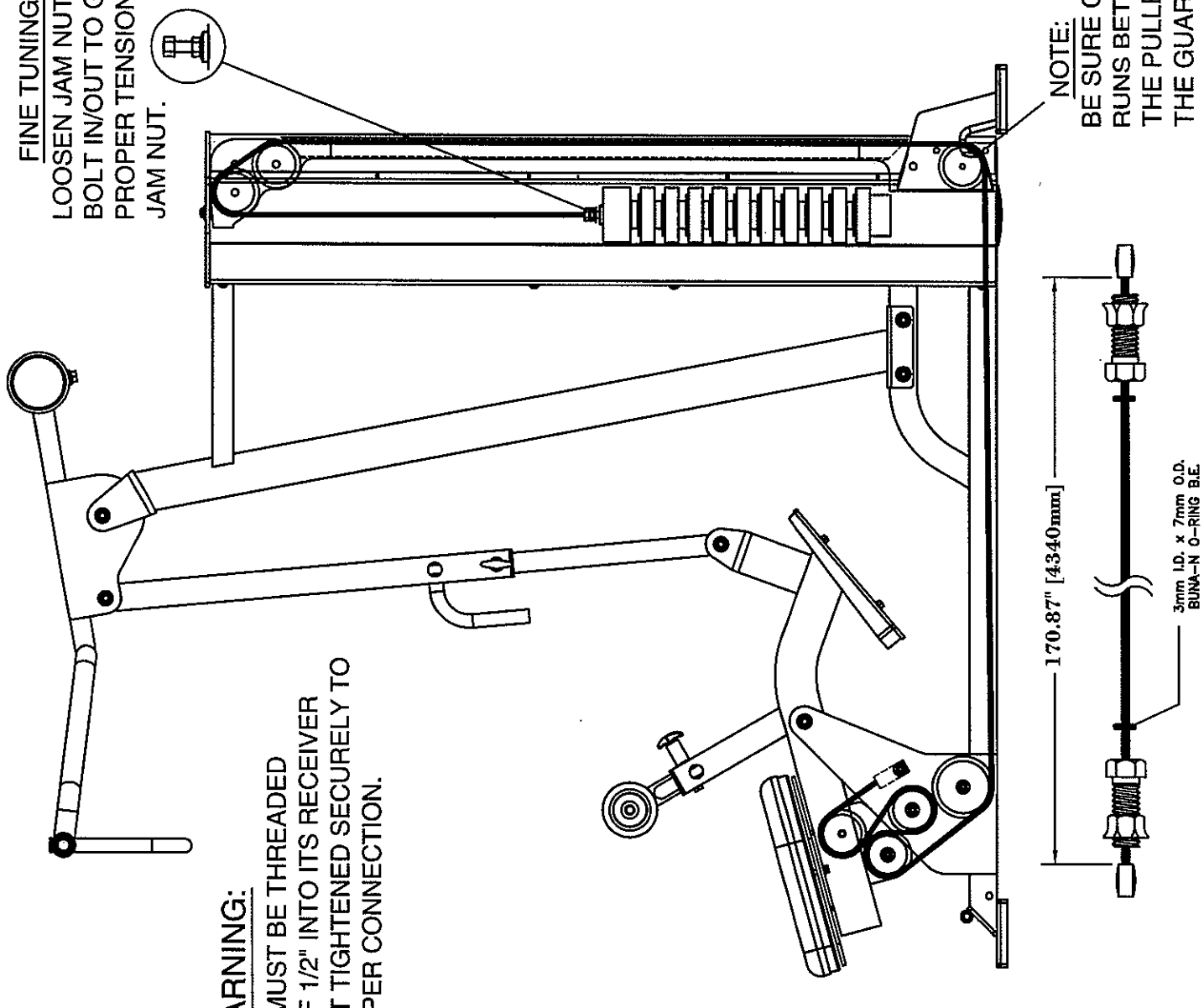
1 - Weight Cage Assembly
5 - 12.50 lb. Intermediate Weight
19 - Ø0.75" x 51" Guide Rod
46 - 25 lb. Top Weight

Hardware Descriptions

D - 3/8"-16 x 1" BHS (WZ)
AB - 3/8" SAE Flat Washer (WZ)
AD - 3/8" Split Lock Washer (WZ)
CD - Weight Spacer
CF - Weight Stack Bumper


D
AD
AB
1
19
46
CD
5
PLACE ONE SPACER
ON EACH GUIDE ROD
BETWEEN EACH WEIGHT.
5
CF

CABLE ASSEMBLY


FINE TUNING
LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.
NOTE:
BE SURE CABLE RUNS BETWEEN THE PULLEY AND THE GUARD SHAFT.
WARNING:
CABLE BOLT MUST BE THREADED A MINIMUM OF 1/2" INTO ITS RECEIVER WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.
170.87" [4340mm]
3mm I.D. x 7mm O.D. BUNA-N O-RING B.E.

Step 3b

FRAME/CABLE ASSEMBLY

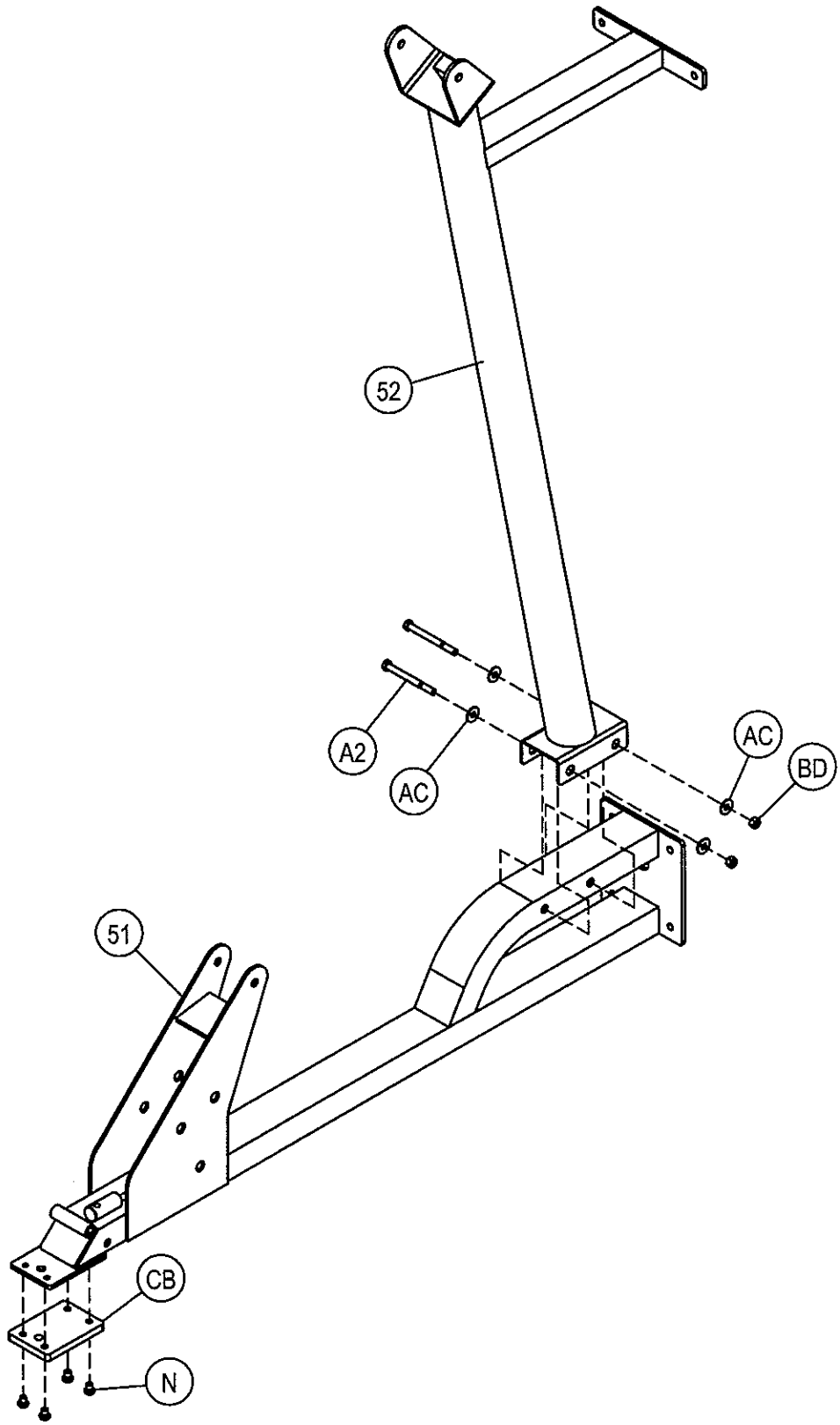
Start assembly by attaching (CB) to the foot plate of (51) and wrench tighten. Next attach (52) to (51) and wrench tighten bolts.

Part Descriptions

51 - Main Frame Assembly
52 - Arm Assembly

Hardware Descriptions

N - 3/8-16 x 11.3mm" BHB (WZ)
AC - 1/2" SAE Flat Washer (WZ)
BD - 1/2" Thin Lock Nut (WZ)
CB - Rubber Foot Pad
A2 - 1/2-13 x 3 3/4" HHB (WZ)


52
A2
AC
AC
BD
51
CB
N

Step 3b

FRAME/CABLE ASSEMBLY

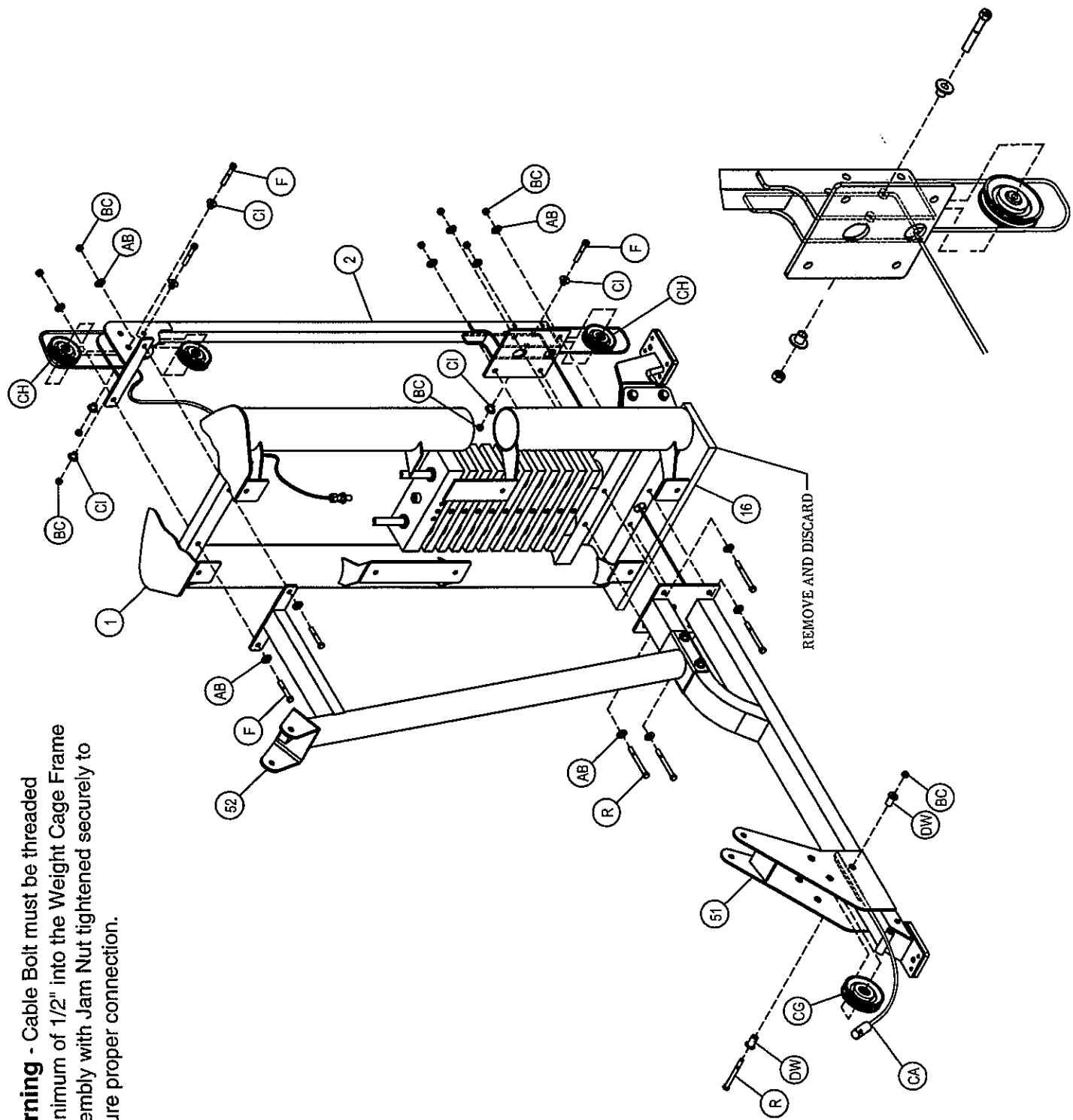
Start assembly by inserting (CA) from the top end of (2) and out through the bottom hole of the plate on (2). Attach (CH)'s to (2) while installing cable (CA). Continue (CA) through the hole in the bottom tube of (1) then into the bottom open hole of (51). Keep on continuing (CA) from the inside of (51) until it reaches the pulley slot. Next attach (CG) to (51) making sure that the cable (CA) is seated in the pulley groove. Next bolt ((51)/(52)) and (2) to (1). *Wrench tighten* bolts. For the final step, remove assembly spacer (16) under (1).

Part Descriptions

1 - Weight Cage Assembly
2 - Rear Supporter Frame Assembly
16 - 0.75" x 7.00" x 25.00" Spacer
51 - Main Frame Assembly
52 - Arm Assembly

Hardware Descriptions

F - 3/8-16 x 2 1/2" HHB (WZ)
R - 3/8-16 x 4" HHB (WZ)
AB - 3/8" USS Flat Washer (WZ)
BC - 3/8" Thin Lock Nut (WZ)
CA - 170.87" lg. Cable
CG - Ø4.50" Pulley
CH - Ø3.50" Pulley
CI - 1/2" Flange Spacer
DW - 1.19" Heavy Flanged Spacer



Warning - Cable Bolt must be threaded a minimum of 1/2" into the Weight Cage Frame Assembly with Jam Nut tightened securely to ensure proper connection.

Step 3c

FRAME/CABLE ASSEMBLY

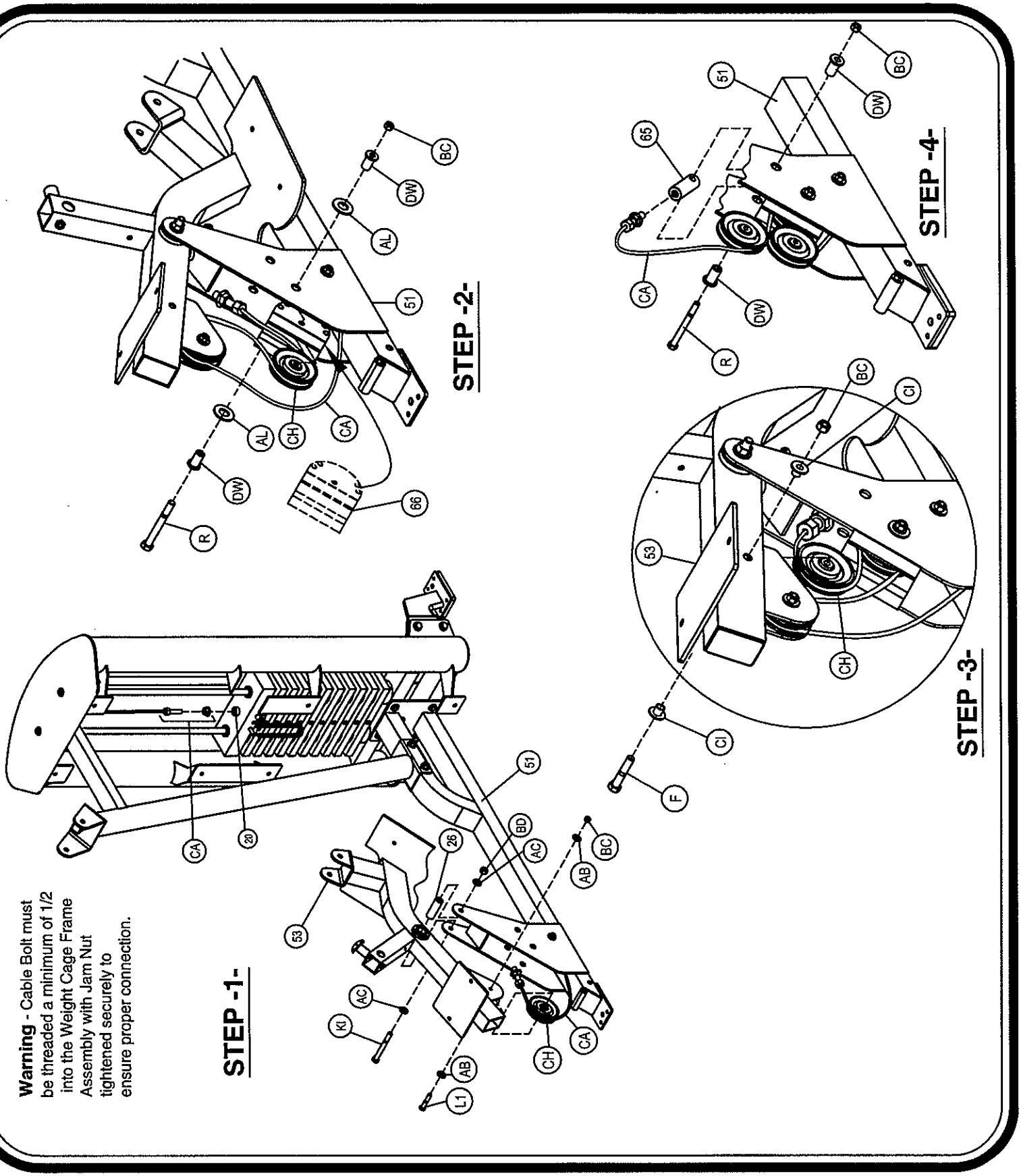
STEP 1: Start by sliding (26) into (53) and attach (53) to (51). Wrench tighten bolt then back nut off enough so (53) pivots freely. Loop (CA) up and around (CH) and attach to (53). STEP 2: Next loop (CA) down and around (CH) and insert (CH) into (66). Position (66) in alignment with the bolt hole as shown, then attach to (51). STEP 3: Now loop (CA) up and around (CH) and attach (CH) to (53). STEP 4: Finally thread the cable bolt into (65) then attach (65) to (51). Wrench tighten bolt then back nut off enough so (65) pivots freely. Attach the cable bolt on the other end of (CA) to (20) (Refer to STEP 1 diagram) and wrench tighten the jam nut. For proper cable tension, loosen jam nut and thread bolt in and out. *Wrench tighen* bolts.

Part Descriptions

20 - 10 Holes Stem
26 - Ø1.00" x 2.92" Shaft
51 - Main Frame Assembly
53 - Seat Frame Assembly
65 - Cable Anchor
66 - Pulley Shield

Hardware Descriptions

F - 3/8-16 x 2 1/2" HHB (WZ)
R - 3/8-16 x 4" HHB (WZ)
L1 - 3/8-16 x 2" HHB (WZ)
AB - 3/8 SAE Flat Washer (WZ)
AC - 1/2" SAE Flat Washer (WZ)
AL - 5/8" SAE Flat Washer (WZ)
BD - 1/2" Thin Lock Nut (WZ)
BC - 3/8" Thin Lock Nut (WZ)
BD - 1/2" Thin Lock Nut (WZ)
CA - 170.87" lg. Cable
CH - Ø3.50" Pulley
CI - 1/2" Flanged Spacer
DW - 1.19" Heavy Flanged Spacer
K1 - 1/2-13 x 4" HHB (WZ)


STEP -1-
STEP -2-
STEP -3-
STEP -4-
Warning - Cable Bolt must be threaded a minimum of 1/2 into the Weight Cage Frame Assembly with Jam Nut tightened securely to ensure proper connection.
CA
28
53
26
51
BD
AC
AB
BC
KI
L1
CH
DW
AL
66
R
65
CI
F

Step 3d

FRAME ASSEMBLY

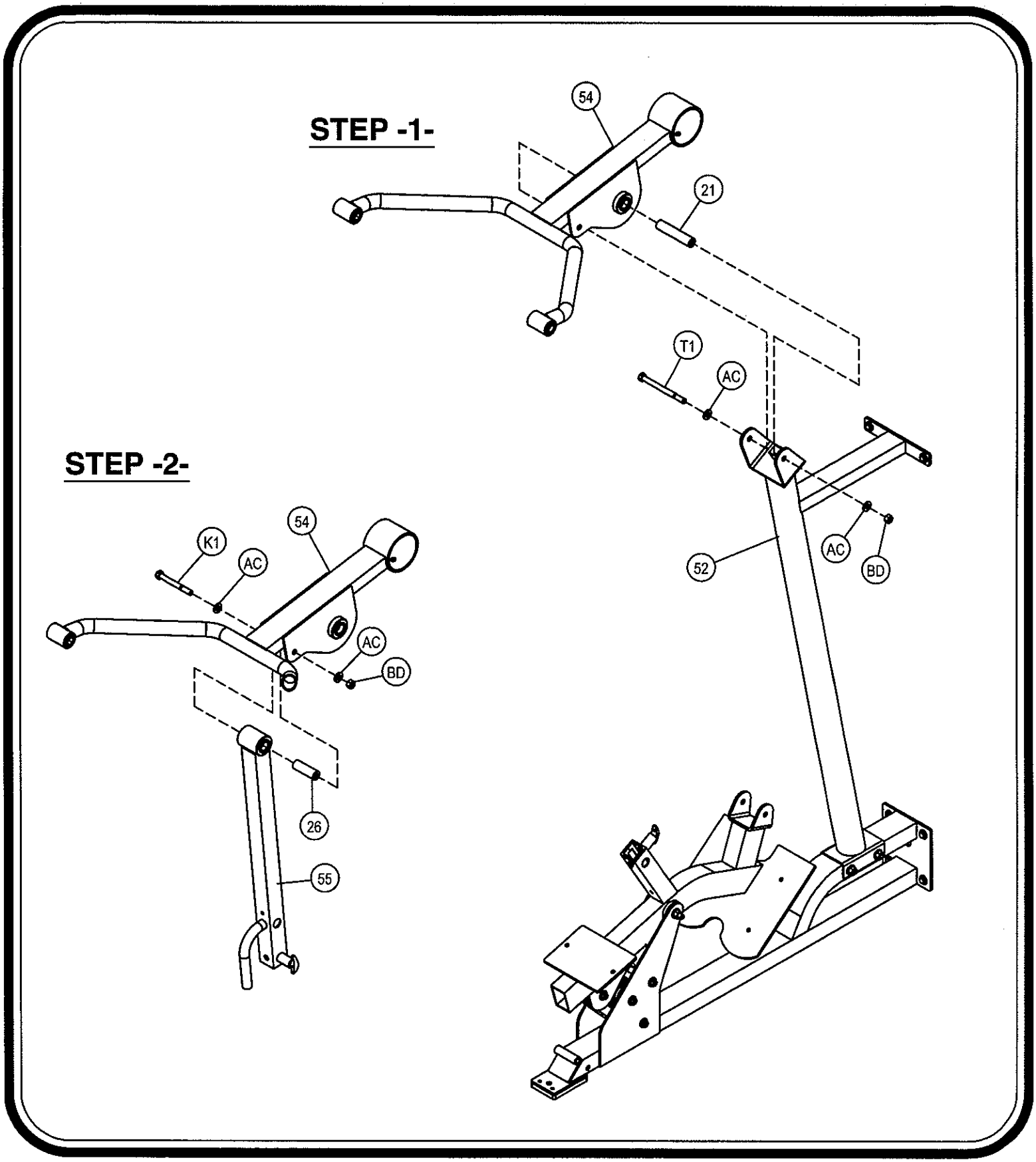
In STEP -1- start assembly by sliding (21) into (54) and fasten (54) to (52). Wrench tighten bolt then back nut off enough so (54) pivots freely. STEP -2-, slide (26) into (55) and fasten (55) to (54). Wrench tighten bolt then back nut off enough so (54) pivots freely.

Part Descriptions

21 - Ø1.00" x 4.692" Shaft
26 - Ø1.00" x 2.92" Shaft
52 - Arm Support Assembly
54 - Arm Assembly
55 - Upper Arm Assembly

Hardware Descriptions

T1 - 1/2"-13 x 5 3/4" HHB (WZ)
K1 - 1/2-13 x 4" HHB (WZ)
AC - 1/2" SAE Flat Washer (WZ)
BD - 1/2" Thin Lock Nut (WZ)


STEP -1-
54
21
T1
AC
AC
BD
52
STEP -2-
54
K1
AC
AC
BD
26
55

Step 3e

FRAME ASSEMBLY

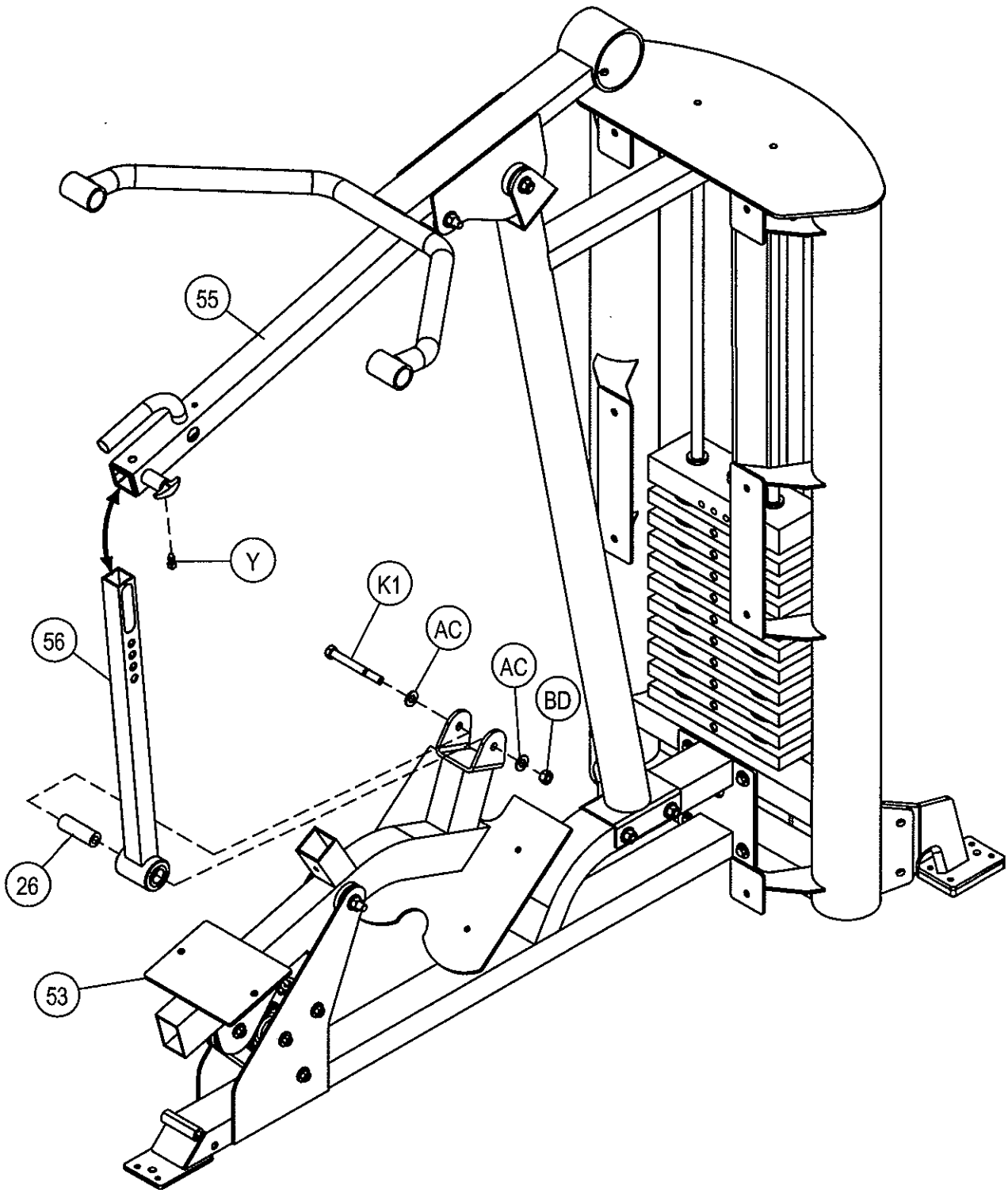
Start assembly by sliding (56) into (55). Next slide (26) into (56). Now slowly slide (56) down and attach to (53). Wrench tighten bolt then back nut off enough so (56) pivots freely. Align the slot in (56) to the welded nut on (55) then install (Y). *Wrench tighten* bolts.

Part Descriptions

26 - Ø1.00" x 2.92" Shaft
53 - Seat Assembly
55 - Upper Arm Assembly
56 - Lower Arm Assembly

Hardware Descriptions

Y - 3/8-16 x 3/4" Square Head Set Screw
K1 - 1/2-13 x 4" HHB (WZ)
AC - 1/2" SAE Flat Washer (WZ)
BD - 1/2" Thin Lock Nut (WZ)


55
Y
K1
AC
AC
BD
56
26
53

Step 3f

FRAME ASSEMBLY

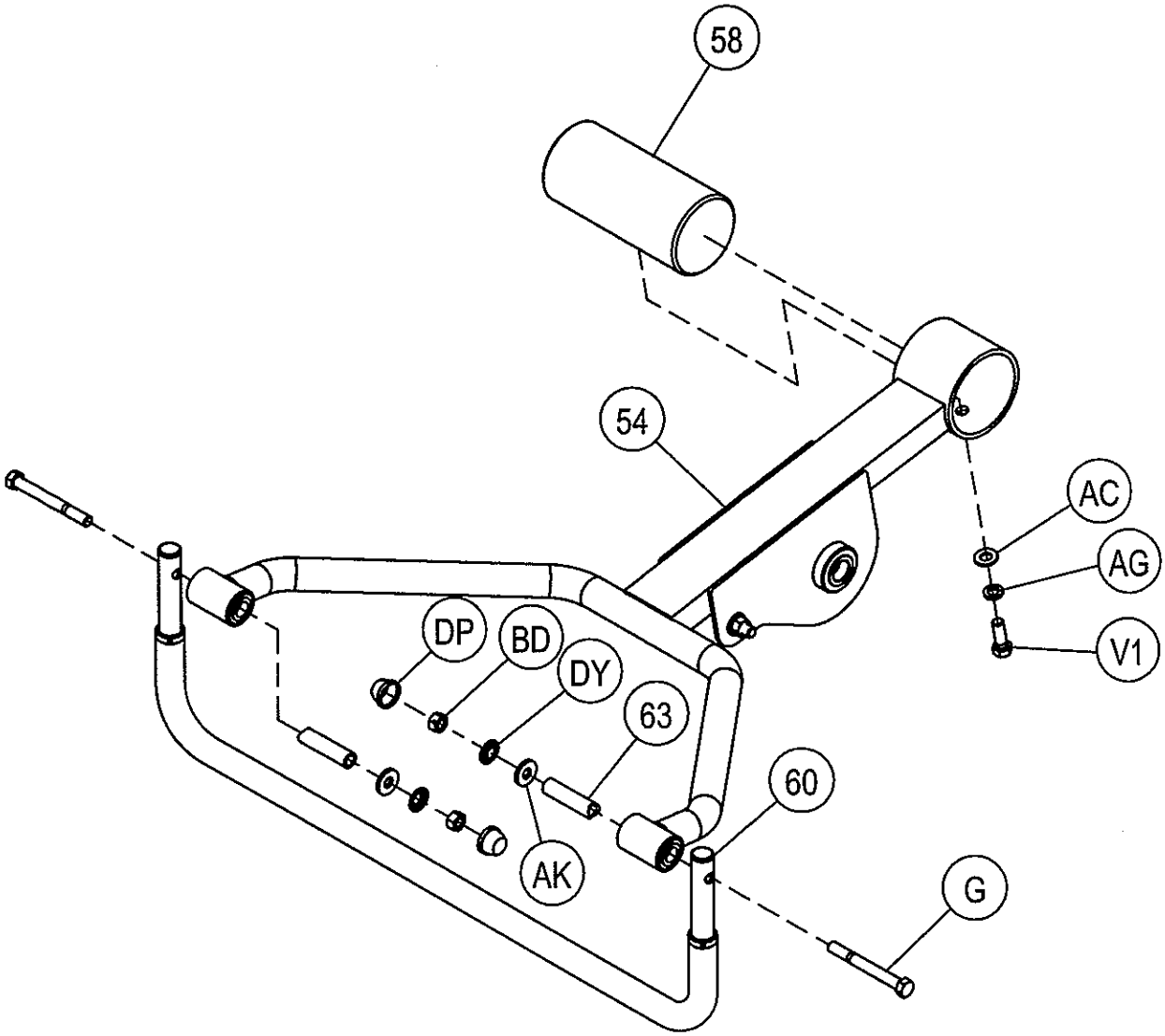
Start assembly by attaching (60) to (54) as shown in the diagram. Next slide (58) into (54) and secure with (V1). *Wrench tighten* bolts.

Part Descriptions

54 - Arm Assembly
58 - 30 lb. Counter Weight
60 - Bar Handle
63 - Ø0.75" x 2.95" CRS

Hardware Descriptions

G - 1/2-13 x 4 1/2" HHB (WZ)
V1 - 1/2-13 x 1" BHB (WZ)
AC - 1/2" SAE Flat Washer (WZ)
AG - 1/2" Split Washer (WZ)
AK - 1/2" USS Flat Washer (WZ)
BD - 1/2" Thin Lock Nut (WZ)
DP - Cap Washer Cap
DY - 1/2" Cap Washer


58
54
AC
AG
V1
DP
BD
DY
63
60
AK
G

Step 3g

FRAME ASSEMBLY

In DETAIL -A- start assembly by attaching (34) to (53). Next in DETAIL -B- attach (DS)'s onto both sides of (53). *Wrench tighten* bolts.

Part Descriptions

34 - Seat Pad Upholstery Assembly
53 - Seat Assembly

Hardware Descriptions

A - 5/16"-18 x 1 1/4" FHS (BZ)
M1 - 5/16"-18 x 1 1/4" HHB (WZ)
AJ - 5/16" USS Flat Washer (WZ)
AE - 5/16" Lock Washer (WZ)
AF - 5/16" SAE Flat Washer (BZ)
BA - 5/16" Thin Lock Nut (BZ)
DS - Small Plastic Foot Plate

DETAIL -B-
2 PLACES
BA
AF
53
DS
A
SHOWN
ASSEMBLED
FOR CLARITY.
DETAIL -A-
AJ
AE
M1
34
53
SHOWN
ASSEMBLED
FOR CLARITY.
DETAIL -B- (DS)
34 DETAIL -A-

Step 3h

FRAME ASSEMBLY

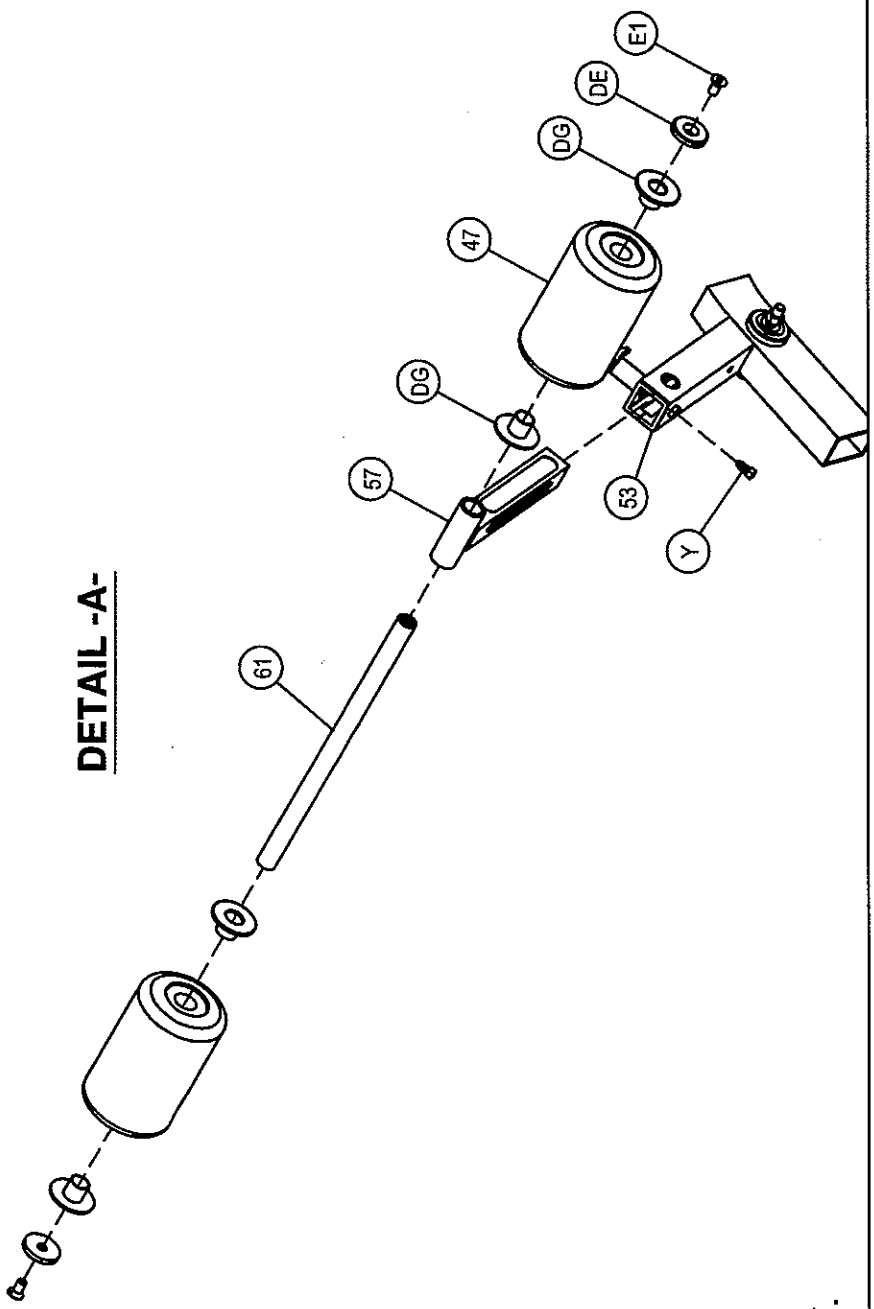
In DETAIL -A- start assembly by inserting (DG)'s into both sides of (47)'s. Next slide (61) into (57) then slide (47)'s onto both sides of (61) and fasten ends. Next slide (57) into (53) and align the slot in (57) with the welded nut on (53) then install (Y). *Wrench tighten* bolts.

Part Descriptions

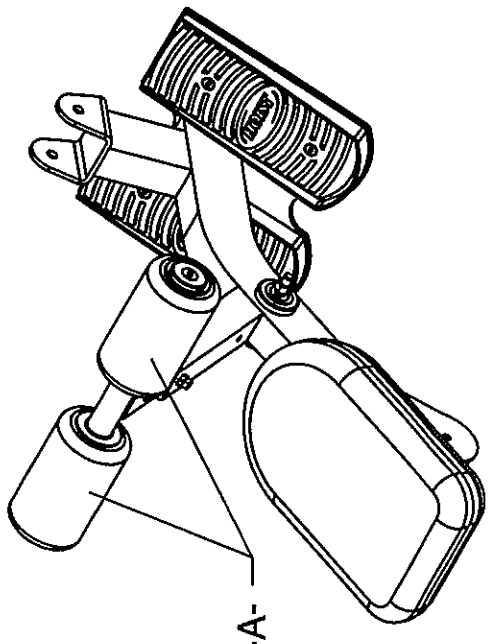
47 - Roller Pad
53 - Seat Assembly
57 - Roller Pad Adjuster Assembly
61 - Roller Bar

Hardware Descriptions

E1 - 3/8-16 x 1" FHS (WZ)
Y - 3/8"-16 x 3/4" Square Head Set Screw
DE - 3/8" Flat Head Cap (WZ)
DG - Roller Pad Bushing



SHOWN ASSEMBLED FOR CLARITY.



(47) DETAIL -A-

Step 3i

SHIELD ASSEMBLY

Secure (3)'s to (1). *Wrench tighten* bolts.

NOTE: only the 4 middle bolts use locknuts (BA).

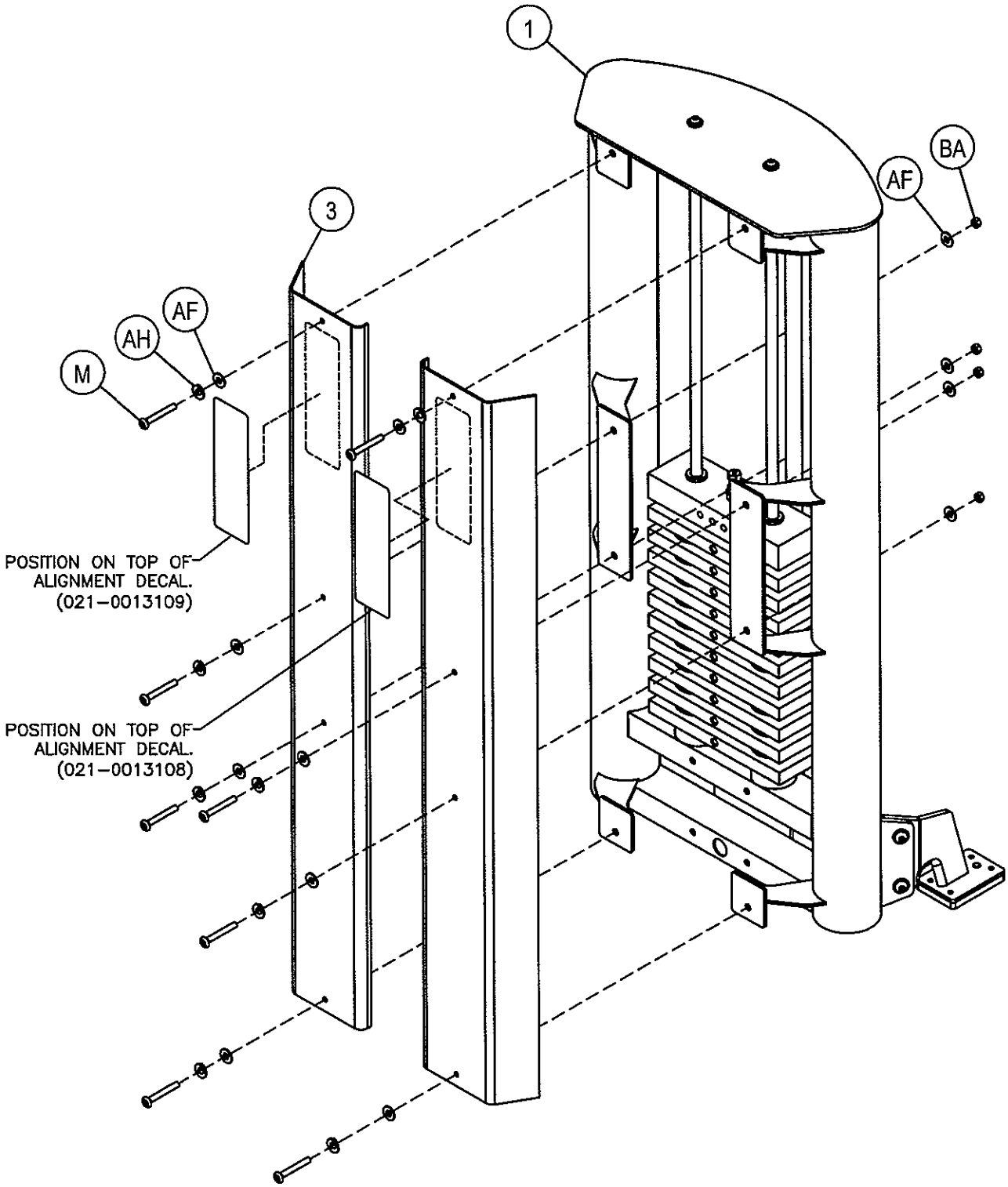
Part Descriptions

1 - Weight Frame Assembly
3 - Front Shield Cover

Hardware Descriptions

M - 5/16"-18 x 1 1/4" BHS (BZ)
AF - 5/16" SAE Flat Washer (BZ)
AH - 5/16" Internal Tooth Lock Washer (BZ)
BA - 5/16" Thin Lock Nut (BZ)

NOTE: INSTRUCTOR DECAL 021-0013108 AND EXERCISE DECAL 021-0013109 MUST BE APPLIED TO SHIELDS BEFORE USE.



Step 3g

SHIELD ASSEMBLY

Attach and align all (CE) clips to holes in (CC) (if not previously installed). *NOTE: The clips (CE) have a lip on one side. This lip must be on weights stack side of (CC) as shown in DETAIL A-1.* Insert left side of (CC) into the left mounting rail on (1) (see DETAIL A-1). Secure with screw (S1). Next, wrap (CC) over (2) and while carefully arching a bow in (CC) slide the right side of (CC) into the right mounting rail on (1). Secure with screws (S1). In some cases, pressure may need to be applied behind clips (CE) to engage screws (S1).

IMPORTANT

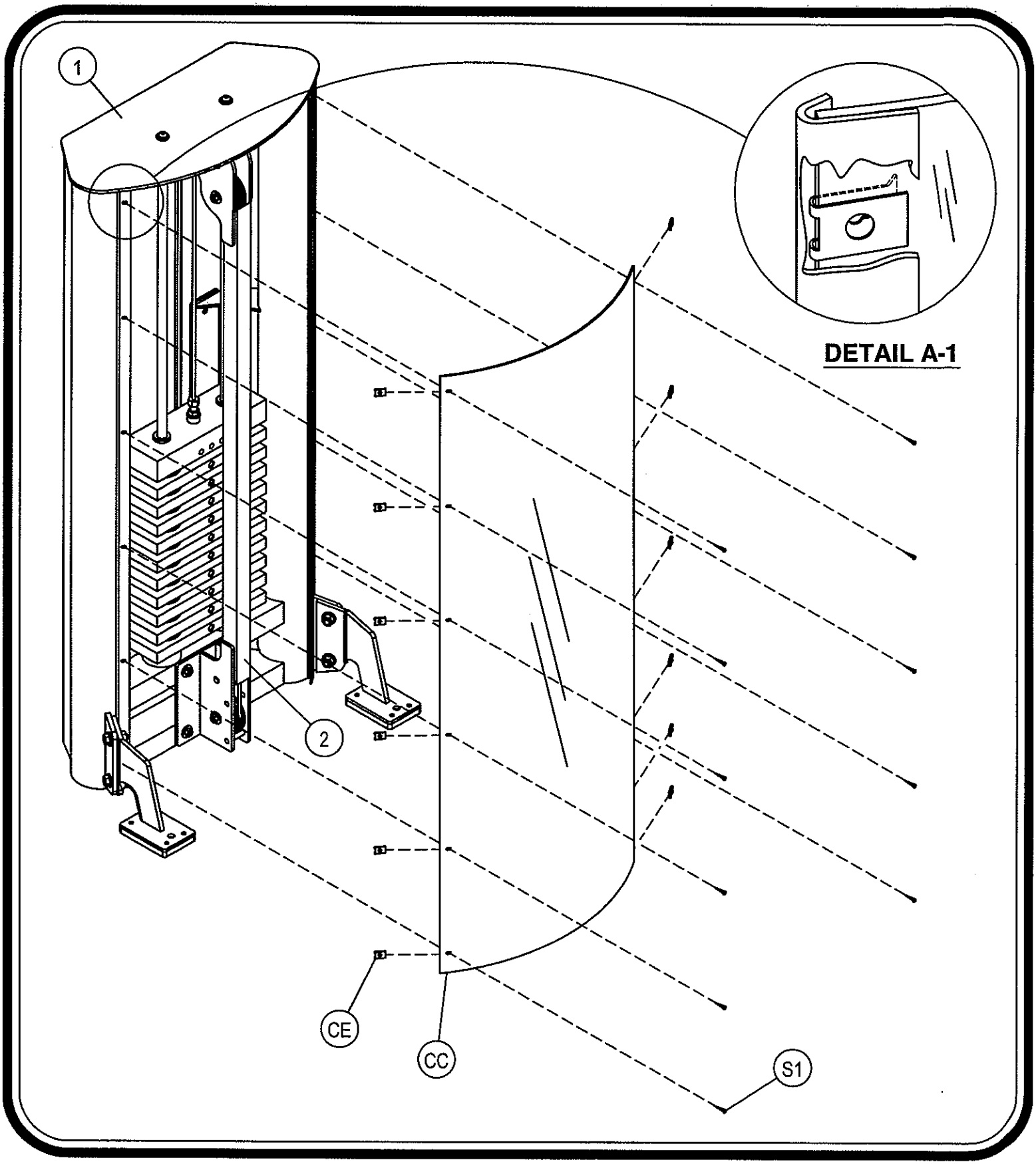
Now that the KL2201 machine is completely asssembled take time to assure that your unit is assembled square and perpenduclar. To check this use a Level to check that the guide rods are perpendicular in both directions. If they are not perpendicular in both directions. It will be necessary to loosen some Frame hardware to re-align the Frame and retighten bolts.

Part Descriptions

1 - Weight Cage Frame Assembly
2 - Rear Supporter Frame Assembly

Hardware Descriptions

S1 - #8 x 5/8 lg. Phil Sheet Metal Screw
CC - Lexan Shield Cover
CE - .125 Panel U-Nut


1
2
CE
CC
S1
DETAIL A-1

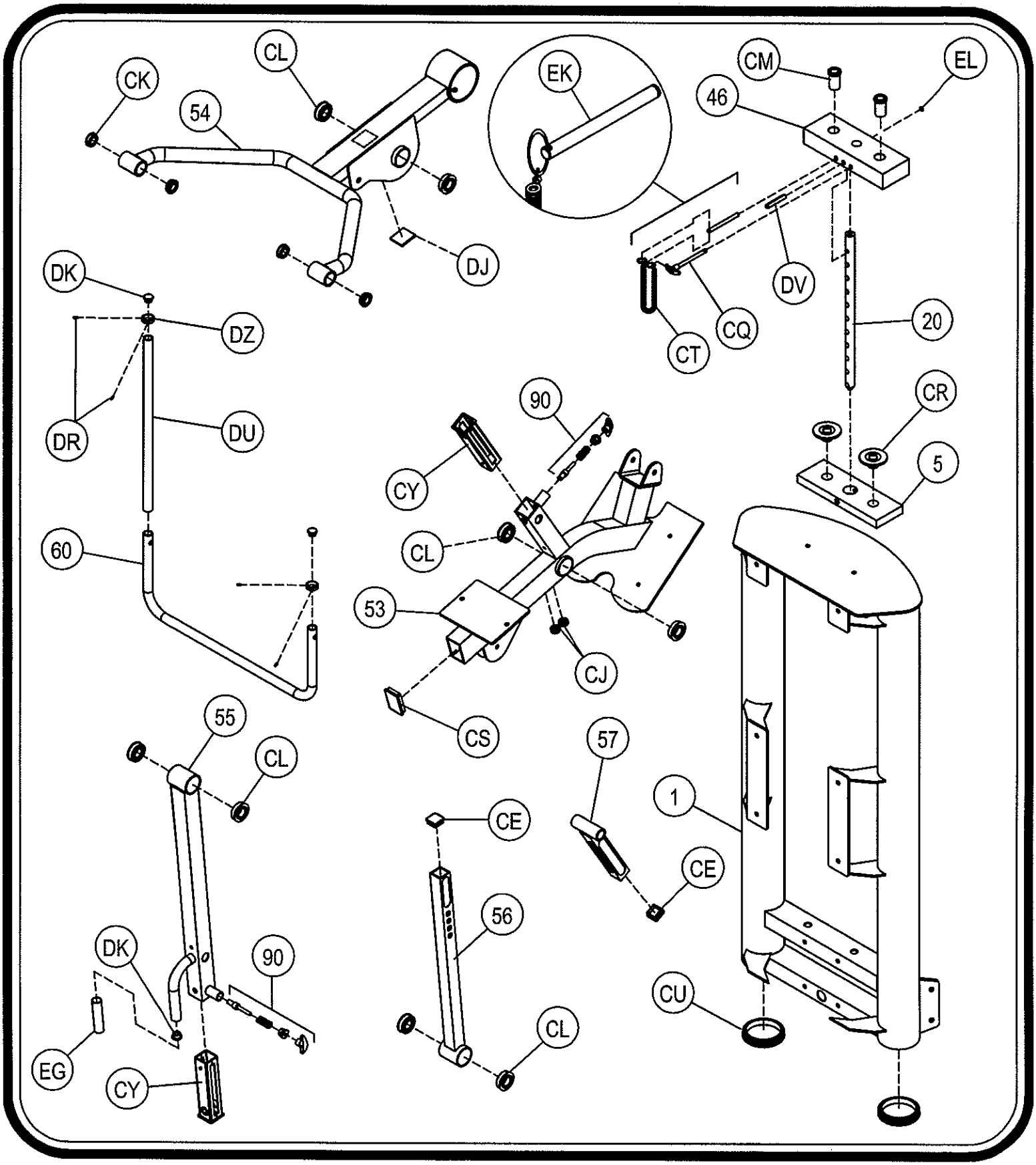
PRE-ASSEMBLY

Part Descriptions

1 - Weight Cage Assembly
5 - 12.5 lb. Intermediate Weight
20 - 11 Holes Stem
46 - 25 lb. Top Weight
53 - Seat Assembly
54 - Arm Assembly
55 - Upper Arm Assembly
56 - Lower Arm Assembly
57 - Roller Pad Adjuster Assembly
60 - Bar Handle
90 - 1/2" Short Tapered Pullpin (Hex Head)

Hardware Descriptions

CJ - Plug Bumper
CK - Ø0.75" I.D. Bearing (Small)
CL - Ø1.00" I.D. Bearing (Large)
CM - Guide Rod Bushing
CQ - Selector Pin
CR - Intermediate Weight Bushing
CS - 2" x 3" Vertical "H" End Cap
CT - Lanyard Coil
CU - Ø4.50" x .120 CAP
CY - EZ Glide Sleeve
DJ - 1.50" x 1.50" x .0786 THK P.E. Rubber Bumper
DK - Ø1.00" End Cap
DR - #10-32 Set Screw
DU - Ø0.937 I.D. x 35.00" Rubber Grip
DV - Ø7/16" x 3" Roll Pin
DZ - Ø1.030" x 0.375" Aluminum Ring
EC - 1 1/2" x 1 1/2" End Cap
EG - Ø1.00" x 8.86" Closed End Grip
EK - Ø0.375" Lanyard Pin
EL - 3/8" C-Clip (type E)


CK
CL
54
EK
CM
EL
46
DJ
DV
DK
DZ
CT
CQ
20
CR
90
DR
DU
CY
5
CL
60
53
CJ
CS
55
CL
57
1
CE
CE
56
DK
90
CU
CL
EG
CY

PART LISTING

Key#	Qty.	Part Number	Description
1	1	026-01X1238	Weight Cage Frame Assembly
2	1	026-01X1242	Rear Supporter Frame Assembly
3	2	026-01P1133	Front Shield Cover
5	10	026-01W0101	12.50 lb. Intermediate Weight
19	2	026-01G0172	Ø0.75" x 51" Guide Rod
20	1	026-01W0151	11 Holes Stem
21	1	026-01M0660	Ø1.00" x 4.692" Shaft
26	3	026-01M0690	Ø1.00" x 2.92" Shaft
34	1	022-01PD0088-A	Seat Pad Upholstery Assembly
46	1	026-1300038	25 lb. Top Weight
47	2	022-01PDR008	Roller Pad
51	1	026-01X1262	Main Frame Assembly
52	1	026-01X1265	Arm Assembly Assembly
53	1	026-01X1261	Seat Assembly
54	1	026-01X1263	Arm Assembly
55	1	026-01X1269	Upper Arm Assembly
56	1	026-01X1270	Lower Arm Assembly
57	1	026-01X1264	Roller Pad Adjuster Assembly
58	1	026-01M0687	30 lb. Counter Weight
60	2	026-01T1203	Bar Handle
61	1	026-01X0139	Roller Bar
63	1	026-01M0692	Ø0.75" x 2.95" lg.
65	2	026-01M0586	Ø1.00" x 2.50" CRS
66	1	026-01X1624	Pulley Shield
90	1	026-01X1399	1/2" Short Tapered Pullpin (Hex Head)

HARDWARE LISTING

Key#	Qty.	Part Number	Description
A	4	011-0002047	5/16-18 x 1 1/4" FHS (BZ)
D	2	011-0101026	3/8-16 x 1" BHB (WZ)
F	6	011-0107007	3/8-16 x 2 1/2" HHB (WZ)
M1	2	011-0107011	5/16-18 x 1 1/4" HHB (WZ)
M	8	011-0201006	5/16-18 x 1" BHS (BZ)
N	4	011-0201292	3/8-16 x 11.3mm BHS (WZ)
T1	1	011-0407028	1/2-13 x 5 3/4" HHB (WZ)
R	7	011-0407025	3/8-16 x 4" HHB (WZ)
Y	2	011-0311013	3/8-16 x 3/4" Square Head Set Screw
E1	2	011-0002042	3/8-16 x 1" FHS Allen (WZ)
K1	3	011-0101070	1/2-13 x 4" HHB (WZ)
L1	1	011-0101072	3/8-16 x 2" HHB (WZ)
S1	12	011-0201012	#8 x 5/8" lg. Phil Sheet Metal Screw
G	2	011-0207030	1/2-13 x 4 1/2" HHB (WZ)
V1	1	011-0101020	1/2-13 x 1" BHB (WZ)
A2	2	011-0407019	1/2-13 x 3 3/4" HHB (WZ)
AJ	2	013-0102004	5/16" USS Flat Washer (WZ)
AB	14	013-0402005	3/8" USS Flat Washer (WZ)
AC	13	013-0102003	1/2" SAE Flat Washer (WZ)
AD	2	013-0102020	3/8" Split Lock Washer (WZ)
AE	2	013-0102021	5/16" Lock Washer (WZ)
AF	16	013-0302008	5/16" SAE Flat Washer (BZ)
AG	1	013-0903002	1/2" Split Washer (WZ)
AH	8	013-0206002	5/16" Internal Tooth Lock Washer (BZ)
AK	2	013-0102026	1/2" USS Flat Washer (WZ)
AL	2	013-0402008	5/8" SAE Flat Washer (WZ)
BA	8	012-0004005	5/16" Thin Lock Nut (BZ)
BC	14	012-0104008	3/8" Thin Lock Nut (WZ)
BD	8	012-0304011	1/2" Thin Lock Nut (WZ)
CA	1	026-01C258T	170.87" lg. Cable
CB	1	026-01PL350	Rubber Foot Pad
CC	1	026-01PL347	Lexan Shield Cover
CD	20	026-01PL348	Weight Spacer
CE	12	014-0014003	.125 Panel U-Nut
CF	2	26-STD-06-0253	Weight Stack Bumper
CG	1	018-0002012	Ø4.50" Pulley
CH	6	26-STD-06-0024	Ø3.50" Pulley
CI	8	26-STD-08-0010	1/2" Flanged Spacer
CJ	2	019-0001001	Plug Bumper
CK	4	014-0005001	Ø0.75 I.D. Bearing (Small)
CL	8	014-0009007	Ø1.00 I.D. Bearing (Large)
CM	2	026-01PL134	Guide Rod Bushing
CQ	1	026-01M0134	Selector Pin
CR	20	026-01W0122	Intermediate Weight Bushing
CS	1	026-01PL192RV	2" x 3" Vertical "H" End Cap
CT	1	010-0008001	Lanyard Coil
CU	2	026-01PL349	Ø4.50" x .120 Cap
CY	4	026-01PL125	EZ Glide Sleeve
DE	2	026-01M0240	3/8" Flat Head Cap
DG	4	26-STD-06-0254	Roller Pad Bushing
DJ	1	019-0001007	1.50" x 1.50" x .0786 THK P.E. Rubber Bumper Pad
DK	2	016-0201006	Ø1.00" End Cap
DP	2	016-0209001	Cap Washer Cap
DR	4	11-SET-10(32)18	#10-32 Set Screw
DS	2	026-01PL343	Small Plastic Foot Plate
DU	1	026-01PL206-20	Ø0.937" I.D. x 35.00" Rubber Grip
DV	1	030-0303006	Ø7/16" x 3" Roll Pin
DW	6	026-01M0693	1.19" Heavy Flanged Spacer
DY	2	013-0001003	1/2" Cap Washer
DZ	2	026-01M0693	Ø1.03 x 0.375" Aluminum Ring
EC	2	016-0101008	1 1/2" x 1 1/2" End Cap
EG	1	019-0002026	Ø1.00" x 8.86" Closed End Grip
EK	1	026-01M0727	Ø0.375" Lanyard Pin
EL	1	014-001-5009	3/8" C-Clip (type E)

ABBREVIATION LISTING

BZ = Black Zinc

WZ = White Zinc

FHS = Flat Head Screw

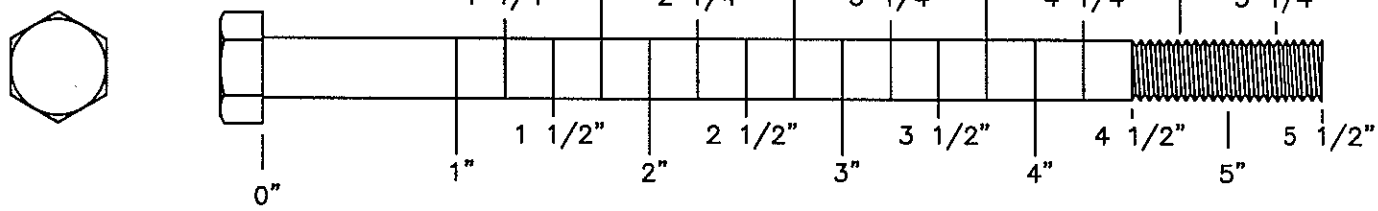
BHB = Button Head Bolt

BHS = Button Head Screw

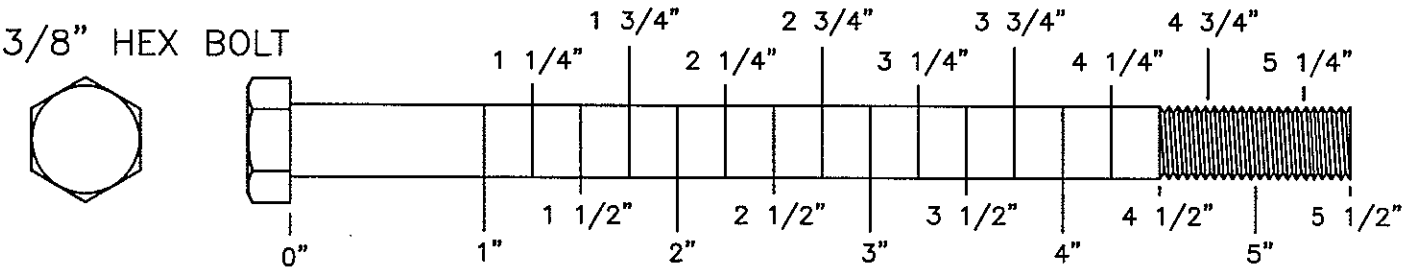
SHS = Socket Head Screw

HHB = Hex Head Bolt

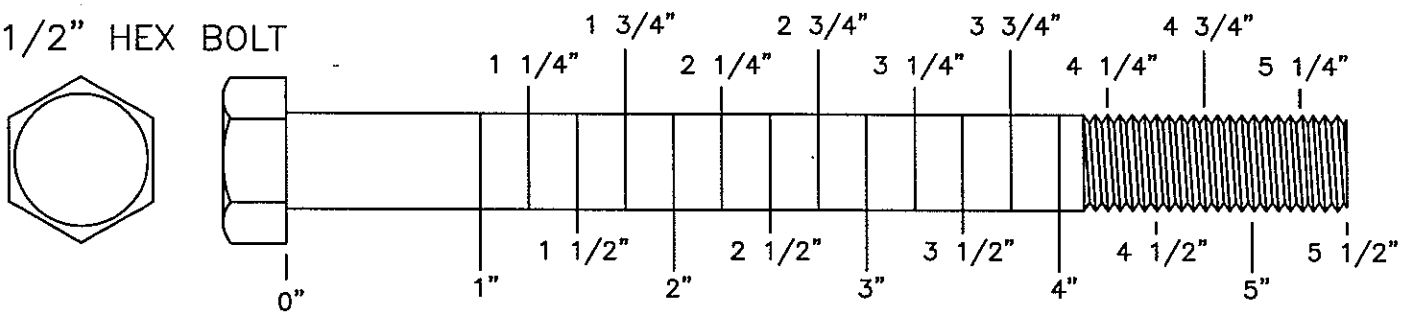
5/16" HEX BOLT



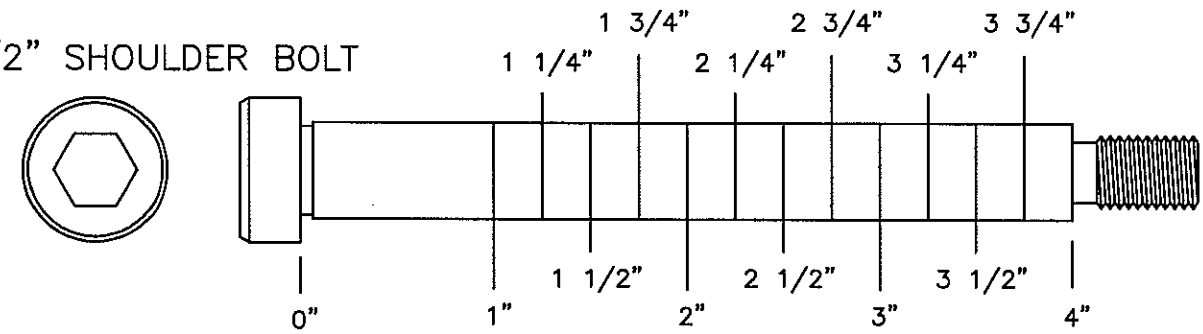
3/8" HEX BOLT



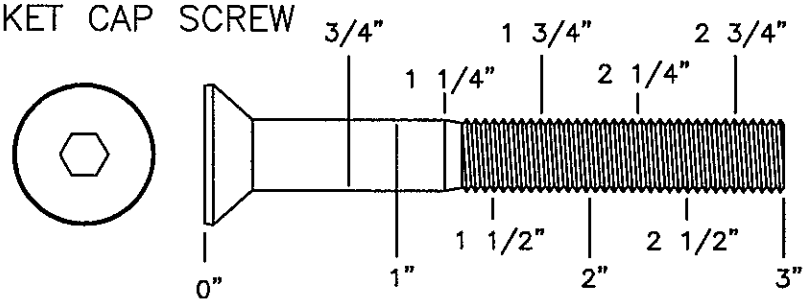
1/2" HEX BOLT



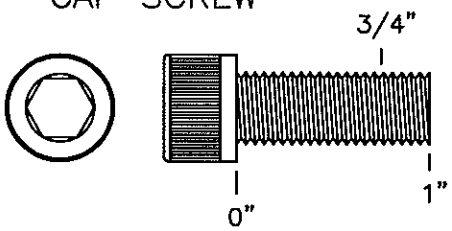
1/2" SHOULDER BOLT



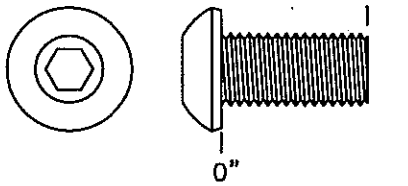
3/8" FLATHEAD
SOCKET CAP SCREW



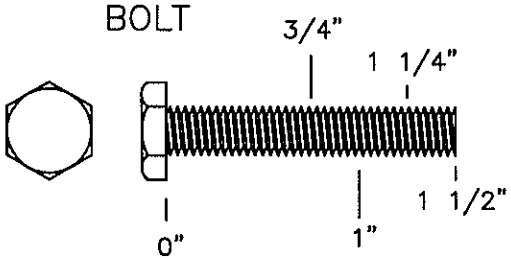
3/8" SOCKET
CAP SCREW



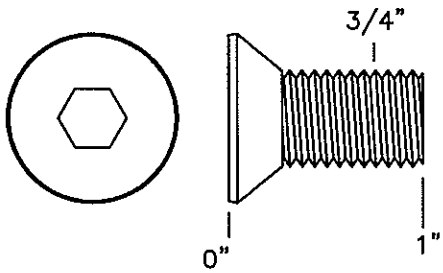
3/8" BUTTON
HEAD CAP SCREW



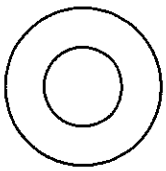
1/4" HEX
BOLT



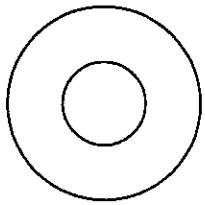
1/2" FLATHEAD
SOCKET CAP SCREW



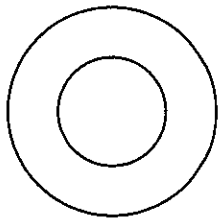
5/16"
FLAT WASHER
LARGE, USS, 25mm



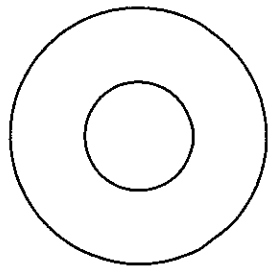
3/8"
FLAT
WASHER



1/2"
FLAT WASHER
SMALL, SAE, 26mm

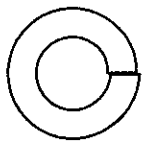


1/2"
FLAT WASHER
LARGE, USS, 34mm

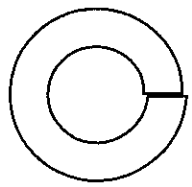


1/4"
LOCK WASHER

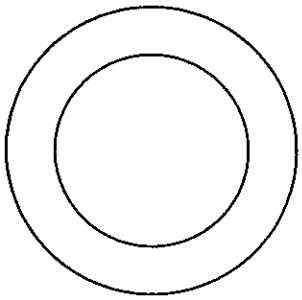
3/8"
LOCK WASHER



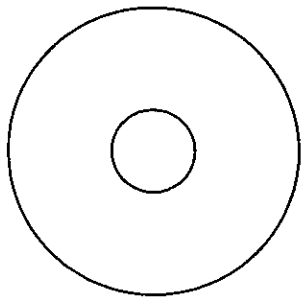
1/2"
LOCK WASHER



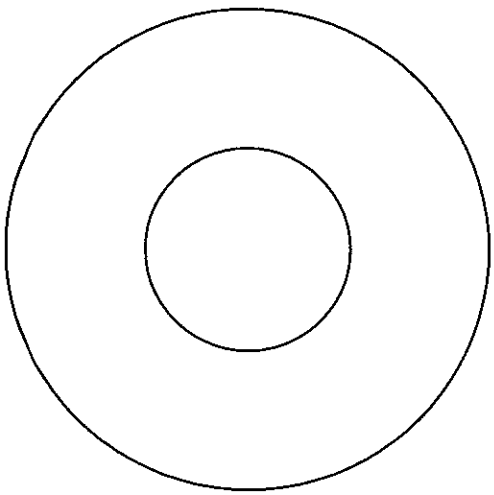
1" SHIM WASHER



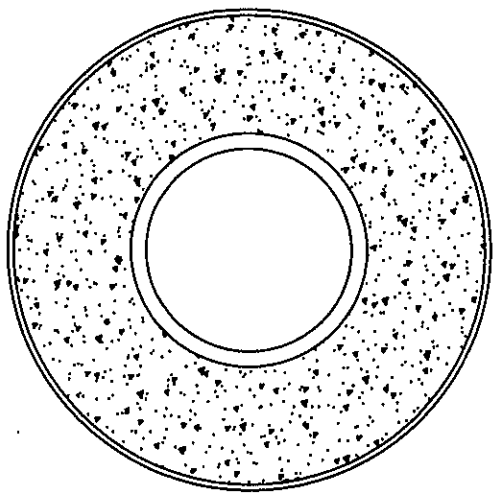
3/8" FENDER WASHER



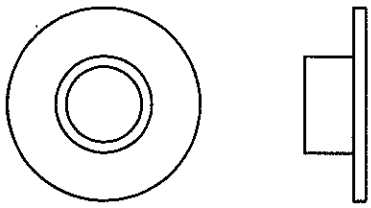
1 1/16"
FENDER WASHER



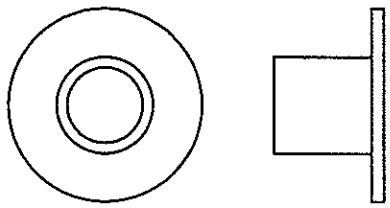
PLASTIC 1 1/16"
FENDER WASHER



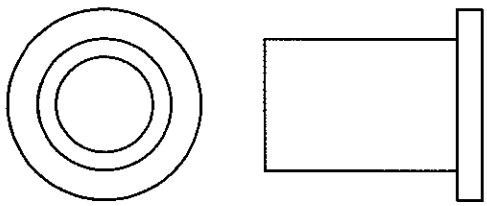
1/4" LONG
FLANGED SPACER



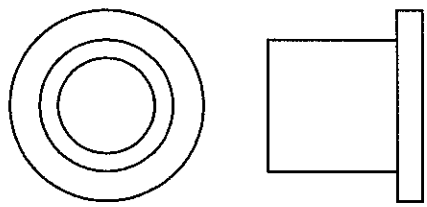
1/2" LONG
FLANGED SPACER



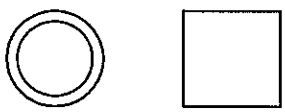
1/4" LONG HEAVY
FLANGED SPACER



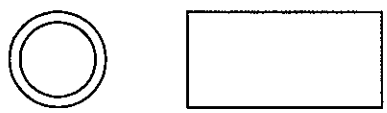
11/16" LONG HEAVY
FLANGED SPACER



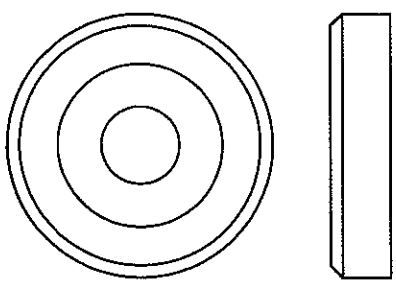
1/2" LONG
SPACER



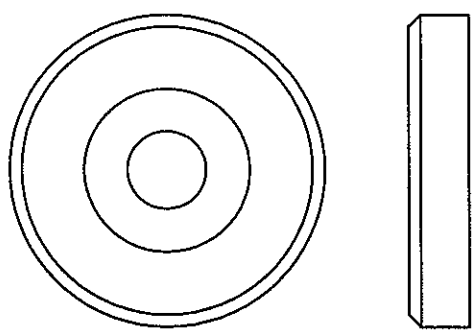
1" LONG
SPACER



1 3/8" ALUMINUM
FLATHEAD CAP



1 5/8" ALUMINUM
FLATHEAD CAP



WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

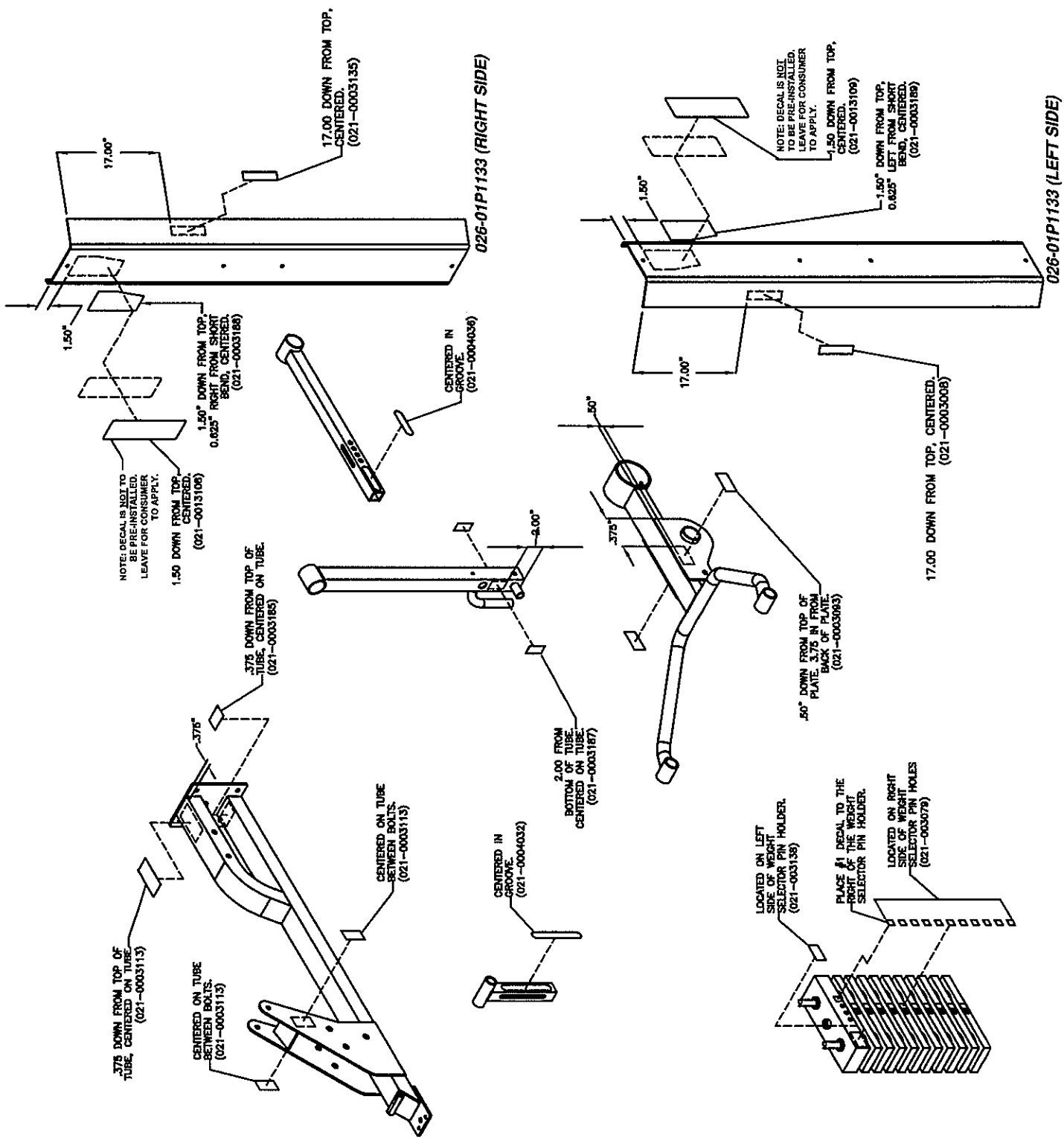
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

WEIGHT TRAINING EXERCISE LOG

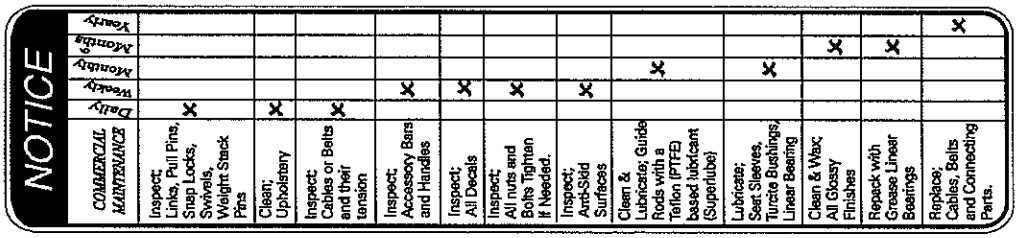
S = Sets R = Repetition per set W = Weight used

| Date | | |

DECAL PLACEMENTS

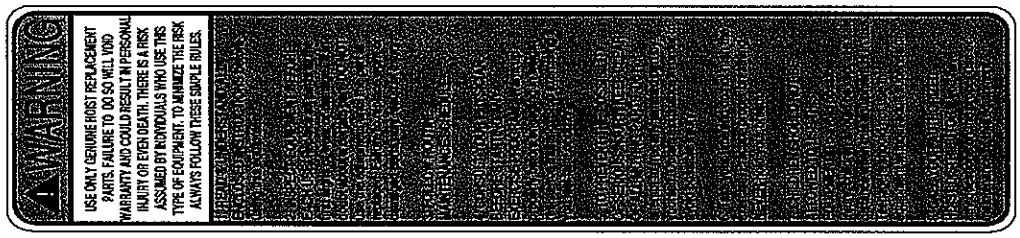

026-01P1133 (RIGHT SIDE)
17.00
17.00 DOWN FROM TOP, CENTERED. (021-0003135)
1.50"
1.50" DOWN FROM TOP, 0.625" RIGHT FROM SHORT BEND, CENTERED. (021-0003188)
NOTE: DECAL IS NOT TO BE PRE-INSTALLED. LEAVE FOR CONSUMER TO APPLY.
1.50 DOWN FROM TOP, CENTERED. (021-0013106)
CENTERED IN GROOVE. (021-0004036)
026-01P1133 (LEFT SIDE)
NOTE: DECAL IS NOT TO BE PRE-INSTALLED. LEAVE FOR CONSUMER TO APPLY.
1.50 DOWN FROM TOP, CENTERED. (021-0013106)
1.50" DOWN FROM TOP, 0.625" LEFT FROM SHORT BEND, CENTERED. (021-0003189)
1.50"
17.00"
17.00 DOWN FROM TOP, CENTERED. (021-0003008)
.50"
.375"
.50" DOWN FROM TOP OF PLATE, 3.75 IN FROM BACK OF PLATE. (021-0003083)
9.00"
2.00 FROM BOTTOM OF TUBE, CENTERED ON TUBE. (021-0003187)
.375 DOWN FROM TOP OF TUBE, CENTERED ON TUBE. (021-0003185)
.375"
CENTERED ON TUBE BETWEEN BOLTS. (021-0003113)
.375 DOWN FROM TOP OF TUBE, CENTERED ON TUBE. (021-0003113)
CENTERED ON TUBE BETWEEN BOLTS. (021-0003113)
CENTERED IN GROOVE. (021-0004032)
LOCATED ON LEFT SIDE OF WEIGHT SELECTOR PIN HOLDER. (021-003138)
PLACE #1 DECAL TO THE RIGHT OF THE WEIGHT SELECTOR PIN HOLDER.
LOCATED ON RIGHT SIDE OF WEIGHT SELECTOR PIN HOLDER. (021-003079)

DECAL REFERENCE



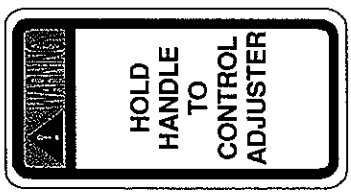
NOTICE	Daily	Weekly	Monthly	Bi-Monthly	Yearly
COMMERCIAL MAINTENANCE					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
Clean; Upholstery	X				
Inspect; Cables or Belts and their tension	X				
Inspect; Accessory Bars and Handles		X			
Inspect; All Decals		X			
Inspect; All nuts and Bolts Tighten if Needed.		X			
Inspect; Anti-Skid Surfaces		X			
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)			X		
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing			X		
Clean & Wax; All Glossy Finishes				X	
Repack with Grease Linear Bearings				X	
Replace; Cables, Belts and Connecting Parts.					X

021-0003008

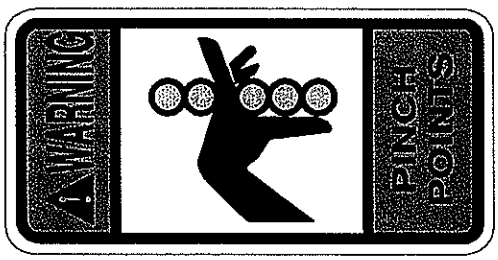

WARNING
USE ONLY GENUINE HOIST REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK ALWAYS FOLLOW THESE SIMPLE RULES.

021-0003135

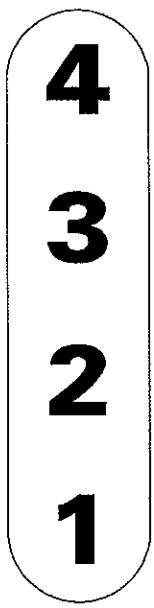
021-0003093



021-0003187



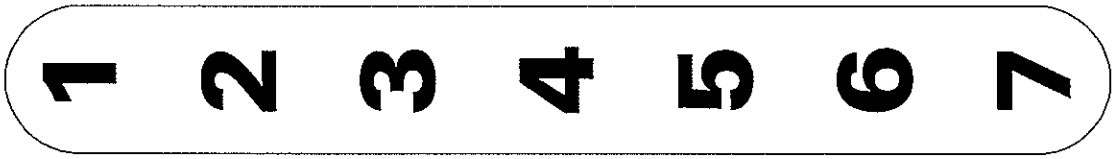
021-0003113



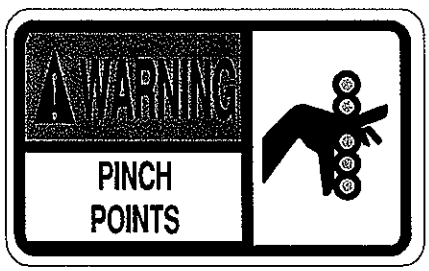
021-0004036

DECAL REFERENCE

021-0003079



021-0004032



021-0003138

021-0003185

SERIAL # DECAL
Always refer to the number shown on your piece of equipment when talking to customer service or ordering part.

DECAL REFERENCE

KL 2201 CHIN UP

INSTRUCTOR GUIDELINES

Primary Muscles Used:
Lats (upper back), Treses Major (base of scapula), Biceps (front of upper arm).

Joint Action:
Shoulder Adduction and Elbow Flexion.

Instructions:
Adjust exercise arm so that Chin handle is slightly out of reach of the seated child. From a standing position; the child should grasp the Chin handle in an underhand grip, palms facing the child, sit on the seat and slide their legs under the roller pads and place their feet on the footrests. The roller pads may be adjusted for individual fit and comfort.

Exercise Action:
With their arms fully extended and the handle grasped in an underhand grip, the child will pull the handle to just below their chin, keeping their elbows in close to their body and away from their face. Return the handle to the overhead, starting position to repeat the exercise.

Exercise movements should be slow and controlled. AT NO TIME DURING THE EXERCISE MOVEMENT SHOULD THE CHILD LET GO OF THE EXERCISE HANDLE OR REMOVE THEIR FEET FROM THE FOOTRESTS. DO NOT LET THE CHILD REST THE HANDLE UNDER THEIR CHIN.

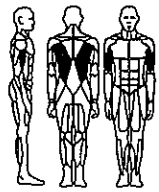
Instruct the child to breathe during each exercise; IN prior to beginning exercise, OUT during the exertion, and IN while returning the weight to the starting position. BE CERTAIN THE CHILD DOES NOT HOLD THEIR BREATH DURING THE EXERCISE.

For more detailed instructions be sure to consult your owners manual.

HOIST FITNESS SYSTEMS

021-0013108

KL 2201 CHIN UP



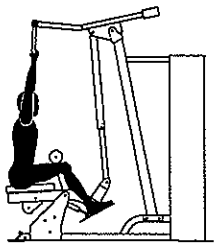
EXERCISE GUIDELINES

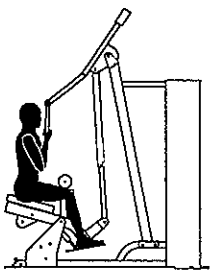
Primary Muscles Used:
Lats, Teres Major, Biceps.

Instructions:
Position the chin handle at the height that when grasped in a seated position with the arms straight overhead, the weight lifted doesn't touch the weight stack.

Action:
Grasp the chin bar with palms up or facing towards the body. Sit on the seat while sliding the legs under the rollers and placing the feet on the pedals. Pull on the chin bar to bring your chin above the bar. Return to the starting position.

Be certain to breathe properly.





Do not use this equipment without an instructors supervision.

HOIST FITNESS SYSTEMS

021-0013109

DECAL REFERENCE

TOP LEFT CORNER OF
INSTRUCTORS
GUIDELINES PLACARD
LINES UP HERE

DO NOT USE THIS PIECE OF EQUIPMENT IF THE INSTRUCTORS GUIDELINES PLACARD IS NOT MOUNTED HERE. SERIOUS INJURY OR EVEN DEATH COULD OCCUR IF INSTRUCTORS GUIDELINES ARE NOT FOLLOWED. HOIST WILL ASSUME NO RESPONSIBILITY IF PLACARDS ARE NOT IN PLACE

021–0003188

TOP RIGHT CORNER OF
EXERCISE
GUIDELINES PLACARD
LINES UP HERE

DO NOT USE THIS PIECE OF EQUIPMENT IF THE EXERCISE GUIDELINES PLACARD IS NOT MOUNTED HERE. SERIOUS INJURY OR EVEN DEATH COULD OCCUR IF EXERCISE GUIDELINES ARE NOT FOLLOWED. HOIST WILL ASSUME NO RESPONSIBILITY IF PLACARDS ARE NOT IN PLACE

021–0003189

MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY								
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY									
Clean; Upholstery	DAILY	WEEKLY									
Inspect; Cables or Belts and their tension	DAILY	WEEKLY									
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS									
Inspect; All Decals	WEEKLY	3 MONTHS									
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS									
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS									
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS									
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS									
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY									
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY									
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS									

Your equipment comes with a commercial maintenance decal.
For personal, in home use, please follow the home maintenance schedule listed above.

HOIST FITNESS SYSTEMS
GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

**Check all pieces for signs of visible wear or damage.*

**Check springs in snap hooks and pull-pins for proper tension and alignment.*

**If the spring sticks or has lost its rigidity, replace it immediately.*

Upholstery:

**To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.*

**Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.*

**Replace ripped or warn upholstery immediately.*

**Keep sharp or pointed objects clear of all upholstery.*

Guide Rods:

**Wipe clean with a dust free rag. Lubricate once a week with a Silicon or Teflon based lubricant.*

Decals:

**Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.*

Nuts and Bolts:

**Inspect all nuts and bolts for any loosening and tighten if needed.*

**Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.*

Anti-Skid Surfaces:

**These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.*

Belts and Cables:

**Hoist uses only high quality belt, and mil-spec cables.*

**Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.*

**While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.*

**Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.*

GENERAL MAINTENANCE INFORMATION
(CONTINUED)

Belt and Cable Tension:

**Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.*

**Check slack in cables and re-adjust cable tension if needed.*

Seat Sleeves, Turcite Bushings:

**Wipe down adjusting tubes with a dust free rag before applying lubricant.*

**Lubricate seat sleeves and turcite bushings with a Silicon or Teflon based lubricant spray.*

Linear Bearings:

**Referring to the Owners Manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.*

PLEASE KEEP THIS FOR YOUR RECORDS

HOIST FITNESS SYSTEMS
LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal. transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE; All malfunctions of upholstery, grips, paint, and chrome that occur after 180 days; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

HOME USE; All malfunctions of grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, cables, or upholstery that occur after three years; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an **ACT OF GOD**.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, Calif. 92126
(800)548-5438
Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS